

## My Special Relaxing Place

Think about your relaxing place and draw or describe it. This could be a real place you have been or a picture you may have created in your dreams.

- Think about the **colours and shapes** of things.
- Imagine **sounds** – seagulls calling, leaves rustling, waves crashing on the sand.
- Think about the **smell** – the smell of pine from the trees, the salty sea, cakes baked fresh from the oven.
- Imagine the sun warming your back or the moonlight shining through the trees.

This is your special relaxing place. To practise using your relaxing place:

- Choose a quiet time when you will not be disturbed.
- Shut your eyes and imagine your picture.
- Describe it to yourself in lots of detail.
- As you think of your picture, notice how calm and relaxed you become.
- Enjoy it and go there whenever you feel anxious.

Remember to practise.

The more you practise, the easier you will find it to imagine your picture and the quicker you will become calm.