



My Calming Place

One way to relax and calm down when you're feeling anxious or stressed is to think of a calming place. This could be a real one or one that you imagine.

Find somewhere quiet and let your mind drift off.....the more you do this, the better you will get at it and it will be easier to calm those noisy thoughts!

1. Draw, download or get a picture of your calming place, it could be somewhere you've been on holiday or even your Nan's kitchen, anywhere that you feel calm, safe and happy.
2. Think of all the tiny details, really try to focus and see them.
3. Think of the colours, shapes and sizes of different things, how do they fit together? E.g. are the hills pointy or round?
4. Can you smell anything e.g. if you're at a beach can you smell ice cream or candy floss or maybe toast etc.
5. What can you hear e.g. grasses rustling or cars on a road
6. Can you touch anything e.g. does the sand feel warm or is it the cloth on your favourite chair?
7. Notice that as you think of all these things that you'll feel calmer, enjoy the feeling
8. The more you practise, the better you'll get.
9. ENJOY!!!