

GUIDED IMAGERY

Create a Calm Place in Your Mind

Name: _____

Date: _____

Today I want to feel: _____

You are
safe here.

Guided imagery uses your imagination to create a peaceful place. This helps calm your body, quiet your mind, and bring you back to the present moment.

WHY IT HELPS

- Calms the nervous system
- Reduces stress and anxiety
- Improves mood and focus
- Supports better sleep
- Helps you feel safe and in control
- A coping skill you can use anytime, anywhere

HOW TO DO GUIDED IMAGERY

1 GET COMFORTABLE

Find a quiet place. Sit or lie down in a way that feels good.



2 TAKE A DEEP BREATH

Breathe in slowly... hold... breathe out slowly. Do this 3-5 times.



3 CLOSE YOUR EYES

If it feels safe, gently close your eyes or soften your gaze.



4 IMAGINE YOUR SAFE PLACE

Picture a place where you feel calm, peaceful, and happy. It can be real or make-believe.



5 USE YOUR SENSES

What do you see, hear, feel, smell, and taste in your safe place? Notice as many details as you can.



6 STAY THERE

Enjoy your peaceful place for a few minutes. Breathe and soak in the calm.



7 COME BACK

When you're ready, take a deep breath and gently open your eyes. Notice how your body feels now.



MY SAFE PLACE



DRAW YOUR SAFE PLACE



MY SAFE PLACE PROMPTS



WHERE AM I?



WHAT DO I SEE?



WHAT DO I HEAR?



WHAT DO I FEEL?



WHAT DO I SMELL?



WHAT DO I TASTE?



WHO IS WITH ME?



MY ANCHOR

What can I bring with me from my safe place into my day?

My Anchor Word or Phrase:



EXAMPLE SAFE PLACES

- A quiet beach
- A cozy cabin in the woods
- A sunny meadow
- A place from your childhood
- Anywhere you feel safe, calm, and happy



REMEMBER

- You are in control.
- You can return to your safe place anytime.
- It's okay if your mind wanders. Just come back to your place.
- With practice, it gets easier!



REFLECTION

How do I feel after guided imagery? _____

What did I enjoy most about my safe place? _____

When can I use this to help myself? _____



Close your eyes. Take a breath. Your peaceful place is always with you.

