

## Safe place



### How to create a safe place

1. Close your eyes and take a deep breath, in and count to three, then breathe out slowly to the count of five. Do this 6 or 7 times. Spend time focussing on your breathing and achieving a calm and soothing rhythm.
2. Begin to imagine a place where you feel calm- where are you?

3. Focus on what you can see, look around you in your mind's eye.
4. Focus on what you can hear, smell and feel.
5. Now focus on what you feel in your body, feelings of safety and calm. Feel the tension release from your body.
6. Imagine your safe place in as much detail as possible, keep re visiting the feelings of calm and safety, notice where you feel it in your body and try to expand on the feeling as much as possible.
7. Pick a word to remind you of your safe place and repeat it over and over again.
8. When you are ready take some deep breaths in and slowly open your eyes trying to hold onto the calm safe feeling.

You can come back to your safe place whenever you need to. The easiest way to do it is by slowing down and controlling your body and breathing, then repeating the word that you chose to remind you of your safe place.