

EMOTIONAL ADULTING

- THE SKILLS YOU DIDN'T GET IN SCHOOL

CALM PLACE IMAGERY

What: Create a calm, safe, soothing place in your imagination to serve as a sanctuary when you are feeling overwhelmed with the external world, worries, or your own internal state.

Where: This can be done anywhere, but it is best done in a quiet place where you won't be disturbed.

When: During a time when you have a couple of minutes to be alone with your thoughts.

Why: This exercise can reduce anxiety, hyperarousal, pain, tension, or sadness by promoting calm, serenity, confidence, and safety.

How: Begin by taking a few deep breaths. Imagine a place where you feel calm and at peace; it can be somewhere you've been before or a fantasy place. Look around and notice the colors and shapes of the scenery. Incorporate other senses: What are the sounds, scents, textures, temperatures? Use as much detail to imagine yourself in this space and everything you experience there, including what it feels like in your body. You can name this place and return to it whenever you choose.

NB: If the imagery that you try first brings up sad feelings or any discomfort, please feel free to choose a different image. Bring to mind something conflict-free, protected, and where rest is possible.

