



## Focus: MIND • Body • Spirit

### Guided Imagery | Create a calm, safe place.

- Think of a place, real or imagined, that feels calm or safe. Describe what you see.
- Look around this place and notice the sights, sounds, smells, things you touch, and imagine being in this place.
- Give this place a name. It can be a word or phrase. Give it a simple “cue” word.
- Bring up this place in your mind and say the cue word, then notice any shifts in your body, any pleasant sensations. Notice how your body feels and your thoughts evolve.
- Add the cue word somewhere in your image. It could be written on a sign, in the clouds or anyway you imagine.
- Go to this place to help both your body and mind relax.

