

Safe/Calm Place Visualization

Purpose: Imagining a safe or calm place helps your nervous system feel supported, even in moments of stress or overwhelm. This simple practice invites your body and mind to settle, creating a sense of refuge you can return to anytime.

Step-by-Step Guide

1 Find a comfortable position

Sit or lie down somewhere quiet. Close your eyes if it feels safe or keep a soft gaze.

2 Notice your breath

Take a few natural breaths. There is no need to change anything; simply observe the gentle rise and fall.

3 Picture your calm place

Imagine a place where you feel safe, peaceful, and supported. It could be a real place, an imagined space, or a mix of both.

4 Engage your senses

- **What do you see?** Colors, light, shapes?
- **What do you hear?** Soft sounds, silence, or nature?
- **What can you feel?** Warmth, a breeze, the ground beneath you?

5 Anchor this place

Picture a small object you can carry in your mind as a reminder of this calm place.

6 Rest here

Stay in this place as long as you like. Let yourself soak in the sense of calm and safety.

7 Return gently

When ready, bring your awareness back to the present. Wiggle your fingers and toes, notice the room around you, and take a deep breath.

✦ *Remember: This place is always available to you whenever you need to feel grounded and supported.*