

Visualizing Your Special Place



- 1) Pick a special place that makes you feel calm and relaxed. This place can be real or imagined. If you need some help, look at different pictures of peaceful places to get some ideas. For example, you might look at pictures of lakes, oceans, beaches, wooded areas, cabins, camping spots, planets, clouds, etc. If your place is real, go visit it or look at a picture of it. Cut out, draw or print off your picture if you would like a copy.
- 2) Next, make a mental picture of your special place and keep it in your head. When you feel anxious, imagine yourself in your special place. What would you smell? What types of sounds would you hear? What would you be doing? What colors would you see? Would it be day or night? All of these questions will help you visualize your special place.
- 3) Imagine yourself calm and relaxed in your special place. If it helps, look at a picture as a reminder of your special place.
- 4) Practice visualizing your special place even when you don't feel anxious. Practice at night when you're trying to fall asleep.