

Calming Visualisations

My Safe Space

Instructions

Guided by the content as described online, read the following instructions to lead this calming visualisation exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- When you are ready and comfortable, take a deep breath in.
- Feel the air travel into your lungs.
- Hold your breath here for a few seconds, taking in a bit more air if you can.
- Slowly, exhale through the mouth.
- Feel your breath traveling out of your lungs and being released.
- Allow your shoulders to sink and feel your body relax.
- When you are ready, I invite you to close your eyes.
- Think of a place that makes you feel entirely at peace. A place that allows your mind to release all worries and fears.
- Use your imagination and visualise the details of this place.
- Who are you with? Where are you? Is it a space in nature, such as a forest or a beach? Is it a familiar place or somewhere you have never been before?
- What are you doing in this place? How do you feel?
- Get comfortable with this space. Explore each corner. Know that this is your inner oasis that your mind can always escape to when you need a break from the worries and anxiety.
- You can decorate it any way you'd like.
- How will you decorate it?
- No matter where you are, you can always come back to this place.
- When you are ready, come back to this present moment. Take a few deep breaths — inhale, exhale. Open your eyes.

Source

This guided meditation was inspired by Lisa Hughes and the 'Visiting Your Safe Space' meditation on [MindfulnessExercises](#).