

TAKING CHARGE OF MY MIND & BODY

Imagine you are in your very own peaceful place.

Can you **hear** anything? If you're outside, do you hear waves crashing, or birds chirping? Are you indoors listening to your favorite band? Or is it calm and silent?

Take a deep breath in through your nose. What do you **smell**? Are there nature smells? Food smells? Maybe you can smell some of your favorite things, like flowers or fresh, clean laundry.

Now imagine whether you **taste** anything in your peaceful place. Is there anything you would like to be eating or drinking?

What are you doing in your peaceful place? Are you sitting or lying down, relaxing somewhere comfortable? Or, are you doing any **activities**? Walking around? Floating? Flying? Is there anything else you might enjoy doing there?

Imagine what you **feel** with your body. What is your skin touching? Are you holding anything? If so, what does it feel like?

Keep enjoying your peaceful place. Notice all the different things you can **see, smell, hear, taste, and feel**.

Know that this place will stay safe inside your imagination and you can visit it any time you need to relax. It's like a free vacation and, and you don't even need to pack a suitcase! Even as you return to your day, know that you can take that calm, peaceful feeling with you.



JOURNALING

Notes on my peaceful place:

- Where am I? What is this place like?
- What do I see?
- Is anyone with me? If so, who?
- What time of day is it?
- What's the temperature?
- What do I hear?
- What do I smell?
- What do I taste?
- What am I doing?
- What do I feel against my body?
- Any other important details?