

Safe place image



Imagery and sense memories are powerful as they connect to emotional parts of the brain. Closing our eyes and picturing a place where you feel totally safe and at peace can bring those feelings back. It will help manage emotions, stress, anxiety or flashbacks.

Close your eyes, consider a place where you felt safe. Recall every sensation you can (see, hear, touch, smell, taste). You can write a script for it below that includes all sensory information to memorise so you have it by heart.