

## Visualization Guide

Get comfortable in a place where you won't be disturbed for 5 minutes.

Close your eyes and just observe your breathing for a few breaths.

Relax your shoulders, release your jaw, and breath out your tension.

Now, Imagine a place where you can feel calm, peaceful and safe. It may be a place you've been to before, somewhere you've dreamt about going, or maybe somewhere you've seen a picture of.

Focus on the **COLORS** in your peaceful safe place.

Now notice the **SOUNDS** that are around you, or perhaps the silence.

Think about any **SMELLS** you notice there.

Then focus on any skin **SENSATIONS** - the earth beneath you, the temperature, movement of air, anything you can touch.

While you are in your peaceful and safe place, you might choose to give it a name, whether one word or a phrase that you can use to bring this image back, anytime you need to.

You can choose to linger there a while, just enjoying the peacefulness and serenity.

You can leave whenever you want to, just by opening your eyes and being aware of where you are now.

### Questions to Explore

1. Did your level of stress change?
2. What was this experience like for you?
3. Can you think of a specific event when this technique might have been helpful during a stressful caregiving situation?

