

Yarra Valley Body Balms

Happy Place Visualisation Exercise

The visualisation of a happy place allows you to imagine that you are in a place that you want to be, rather than letting your mind focus on a current stressful or unwanted situation.

If your happy place is the mountains, follow the steps below: -

- Visualise a mountain range, the peaks, the sky and the feeling of the breeze on your face. This is your favourite place. Somewhere you feel safe, secure and content.
- Now, close your eyes and go to that place.
- Walk around slowly and notice the colours and textures around you.
- What do you see? Feel? Hear? Smell?
- Take your time while you walk around.
- Spend some time exploring each of your senses.
- Notice how good and relaxed you feel.
- Remember these sensations, as they are the sensations of your mountain range, a place where you can relax.
- Say to yourself, "I am relaxed, my body feels warm and heavy, I am safe here"
- Enjoy the feeling of deep relaxation.
- When you are ready, gently open your eyes and come back to the present moment.

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