

Quick Mental Vacation

Close your eyes. Take a slow, smooth breath in through your nose...and exhale slowly through your mouth. Take another slow, smooth breath in through your nose for 1, 2, 3, 4, and hold...and out through your mouth for 1, 2, 3, 4...and hold. And again, in for 1, 2, 3, 4, and hold...out for 1, 2, 3, 4, and hold.

(Continue this pattern of slow breathing for the rest of the visualization)

Now, imagine yourself in a peaceful place. A place where you feel calm and safe. Maybe it's a special place that you've been before, or maybe it's somewhere you would like to go. Perhaps somewhere like a beautiful beach, beside a gentle forest stream, or sitting by a warm crackling fire.

Picture yourself in this place. Imagine what you are experiencing through all of your senses.

Now, look around you...Notice what you see...

Notice what you hear...

Notice what you smell...

Notice what you feel...under your feet...on your skin.

Allow yourself to relax in this place. You are completely at peace here.

Continue to picture yourself in this place while focusing on your breathing. Take a slow, smooth breath in through your nose...and exhale slowly through your mouth.

Now, continue to take slow, long breaths in through your nose and out through your mouth.

It may take some time to learn how to let go of tension and relax your body. You can come back to this place as often as you like.

If you still notice tension in your body, you may choose to stay in this peaceful place a while longer.

When you feel ready, gently open your eyes and return to the present moment.