

Safe-place exercise

This exercise is intended for the independent practice of relaxation. It is meant to support and complement other forms of psychological and bodily care and not to replace them. It's purpose is to increase a sense of safety and thereby relaxing your body and your mind. If you feel uncomfortable or experience any unpleasant sensations, you can stop the exercise whenever you want.

Before you begin the exercise, look for a peaceful place where you will be not disturbed (2s)

Find for yourself a comfortable posture or body position (2s)

You can keep your eyes open or if it feels comfortable to do so, you may close them (2s)

Concentrate in the beginning on listening to your own breathing (5s)

With every out breath your body will become more and more relaxed (10s)

Imagine now a place, where you feel yourself to be safe and calm (10s)

A place where you can comfort and take care of yourself (10s)

This is your own place (5s)

It's purpose is to bring you pleasure and to increase your sense of safety (5s)

No other person can disturb this place (10s)

If you want, you can create a completely new place in your mind (5s)

It might be a beautiful place outdoors: (5s) a shore (5s), a meadow (5s), or a park (5s)

Or it might be a special place, a beautiful room or building (10s)

It might also be a place where you have been before and to which you attach pleasant memories (5s)

It might also be a place, which you want to visit. (3s) Or a place, you have seen pictures of (10s)

Let this place be your nourishing hiding place (10s)

It is full of colours and things which you need in order to feel safe (10s)

Only you can get to this safe place (5s)

No other person can come to this place without your permission (5s)

In this safe place you are always at peace (10s)

Imagine this place with all your senses (15s)

In this safe place which you have created, look around you, and notice the colours and shapes that you see (5s)

What other pleasant things do you notice? (10s)

Take in the smells around you, noticing any pleasant aromas that belong to this place and just let your sense of security grow stronger (10s)

Are there attached to this place any special tastes or flavours that would also increase your feeling of well being? (10s)

What do you feel in your body when you think of this place? (10s)

What is the temperature there? (10s)

Then concentrate on the sounds that belong to your safe place. (3s) What sounds can you hear? (10s)

Let these sounds increase your sense of safety (15s)

Concentrate next on observing what skin sensations you experience in your safe place (7s)
How do the soles of your feet feel there (7s)
your fingertips (7s)
your face (7s)
and different parts of your skin? (10s)
Notice the pleasant sensations in your body that you experience when you are in your safe place (15s)

Now, as you are in this place, you can give it a name (5s)
The name can be one word or a complete sentence (5s)
You can use this name, whenever you want to return to this place in your mind (5s)
You can remember this place when you want to increase your sense of safety and calmness (10s)

Just stay now for a little while longer in your safe place (5s)
And enjoy the peace and calm which is around you (5s)
Everything is fine and you are safe. (20s)

You can now slowly return to the present moment by counting to five (3s)

One... (3s)

Two... (3s)

Three... Breathe deeply (3s)

Four... (3s)

And five. Open your eyes, if they are closed. You are now wide awake. (3s)

Just stay for a while longer in this relaxed state, giving yourself a moment to wake up completely (5s)
Continue breathing smoothly and evenly (5s)
Observe for a moment your experience and enjoy your moment of relaxation (5s)
Your safe place is available whenever you need it.

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