

Safe Place Visualization

Utilizing Mindfulness to Create Mental Sanctuaries

Create a calm space in your mind anytime you need it

What is a Safe Place?

A safe place visualization is a mindfulness exercise where you imagine a peaceful, comforting environment. This space can help you feel calm, reduce stress, and feel more in control of your emotions.

Your safe place can be real or imaginary—anywhere you feel relaxed and secure.

Get Ready

Before you begin:

- Sit or lie down in a comfortable position
 - Take 3–5 slow, deep breaths
 - Gently close your eyes if you feel comfortable
 - Let your body relax
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Read slowly or have someone guide you:

- Imagine a place where you feel completely safe and calm.
- Notice where you are...
- Look around—what do you see?
- Notice the colors, shapes, and light...
- Listen carefully—what sounds are around you?
- Feel the air and temperature on your skin...
- Is there a comforting smell?
- Take a moment to simply be in this space...

This is your safe place. You can return here anytime.

Build Your Safe Place

What does your safe place look like?

- What do you **SEE**?
 - What do you **HEAR**?
 - What do you **SMELL**?
 - What do you **FEEL** (touch/temperature)?
 - What emotions do you feel in this place?
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Draw or Design Your Safe Place

Draw, sketch, or describe your safe place. You can include colors, objects, or anything that makes you feel calm.

Reflection

- How did your body feel during this exercise?

- What part of your safe place felt most comforting?
 - When could you use this visualization in real life?
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Quick Calm Reminder

Complete the sentence:

“When I feel stressed, I can go to my safe place and feel _____.”

Notes

Write anything else you noticed:

“Peace exists within you—you just have to visit it.”