

### Visualisation of Woods and Beach



Close your eyes and breathe in and out slowly and deeply.

In 1-2-3-4-5

Out 1-2-3-4-5

You are stood in a Field on the edge of a wood

It is morning. The sun is rising and dew is on the lush green grass.

Breathe in & smell the freshly cut grass

Walk toward the tall oak trees and start walking down the path that goes through the woods

Put your hand on a tree trunk and feel the damp roughness of its bark. This is your tree. Lean against the tree and feel it supporting your weight. It is strong and steady.

Look up and see the trees leaves high above your head and the sun shining through.

This wood is a safe place. Sunlight floods the ground.

Stand still and listen to the birds singing in the trees.

Walk down the path to the edge of the woods. The path continues down to a small beach.

You stand on flat pebbles –pick one up and feel how smooth and round it is. Further down, the beach is sandy. You may want to stay and sit on the rocks by the pebbles or to walk down to the sand. Maybe take your shoes off and feel the sand between your toes.

Walk down to the sea. Listen to the waves crashing, smell the sea air.

You may want to skim stones or have a paddle in the sea. This is your visualisation. Add only the things that make you calm and safe.

When you are ready, turn away from the sea and walk back up the beach towards the trees.

Take one look at your beach and know that this is your safe place. You can return here anytime you want to.

Walk back through the woods where the sun is shining through the leaves.

You are now at the edge of the field. Reach out and touch the tree again. The sun has now dried it's bark. Say goodbye to your tree and know that when you need to feel safe and calm, this tree will be here waiting to support you.

When you are ready, take a steady breath and open your eyes. Take the feelings of safety and peace with you.

