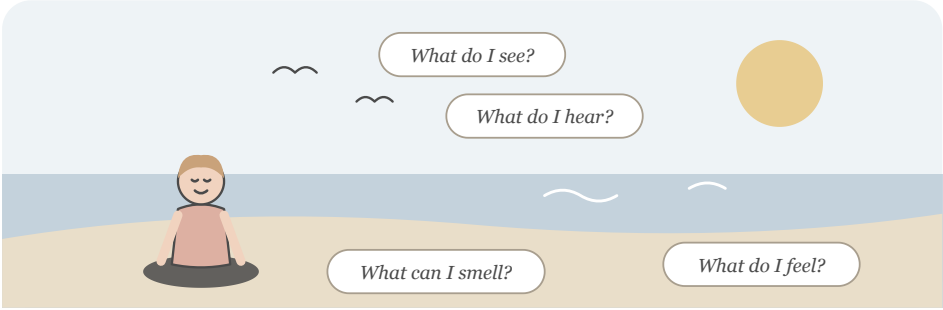
–LENSS–

My Calm Place

Creating a place in my mind where I can feel calm and settled.

A calm place (sometimes called a safe place) is somewhere you can go in your imagination to feel calm. It can be real, remembered or completely imagined: a beach, a garden, a room, a forest. Choose somewhere that brings only good feelings. If people or animals come to mind, choose ones you feel completely comfortable with, or keep it just for you.

We will create your calm place together in a session. Your therapist may add a few slow sets of bilateral stimulation to help strengthen it.



My calm place

Where is it?	
What can I see? (colours, light, shapes)	
What can I hear?	
What can I smell?	
What can I feel? (temperature, textures, the ground beneath me)	
What emotion do I feel here?	
Where do I feel it in my body?	
My cue word (a word that takes me there)	

–LENSS–

Practising

- Visit your calm place once or twice a day for a few minutes, when you already feel fairly settled. Like any skill, it gets stronger with practice.
- Close your eyes or soften your gaze, say your cue word, and take your time noticing each sense.
- When you feel ready, try it after a small irritation, such as a frustrating email, to see if it helps you settle.
- If your calm place stops feeling calm, that's okay. Tell your therapist and we can adjust it or choose another.

My practice log

Day	How I felt before (0–10 calm)	How I felt after (0–10 calm)	What I noticed

"A calm place I can carry with me,
wherever I go."