




Take a Break

Take a break from this resource and do something to help you relax, cope with stress or fear and to wind down. This could be through meditation, breathing exercises, prayer or the below visualisation. We have included some guided imagery prompts for you to picture in your mind if you choose. This technique can help you visualise positive and safe spaces.

Visualisation Prompts

By the river

Imagine you are sitting by a river. You can hear the gentle flow of water and the birds in the trees above. You can feel the cool stones beneath you and the light breeze on your face. You look up and you see the soft blue of the sky and dark outlines of trees reaching for the clouds. Now, you look back down and you see the browns, blues, greens and greys of the river. There are curls of white where the water meets the rocks. When you look more closely, you can see little fish darting around in the water. You place your hands and feet firmly on the ground beneath you. You take some deep breaths. You let the river carry away your worries.



Relaxation

Imagine you are lying down with your body relaxed, arms by your side and legs stretched. Take a few deep breaths to this rhythm: in for 4 counts, hold for 2 and release for 6. Feel the breath travel in through your nose and down into your lungs, lifting your belly as you breathe. Now, visualise the air from each breath travelling through your body: down through your legs and into your toes, across your arms and into the tips of your fingers, up through your neck and into your head. Imagine every breath relaxing each checkpoint in your body as the air travels around and through. Relax into your body, and slowly release any tension it carries.

Safe space

Imagine you are in your room. You can feel your warm blankets around you and the soft pillow behind your head. Maybe you've just woken up, or maybe you're watching a movie or calling a friend. There is soft music playing, you feel at peace and revitalised. There's a steaming cup of tea on your bedside table and the air in your room smells fresh and clean. You look around as sunshine gently filters in through the curtains. You feel at home.

