

## Relaxing Imagery

1. Think of a place that makes you feel safe or happy (e.g., a comfortable room, the beach)
2. Go through each of your senses and picture what it would be like to be in that safe/happy place. Ask yourself...  
What do I see in this place? What do I hear? What do I smell around me? What can I touch in my surroundings?
3. Close your eyes and use your imagination to go to this relaxing place for about 5-10 minutes. Repeat as needed.

*Tip:* If you notice your mind starting to drift from thinking about your safe/happy place, that is okay – gently redirect your thoughts back on your safe/happy place.

## Coping Skills for Tough Times

*Variations of this skill (for all ages):*

“Remember When...” – Think back to a memory that makes you feel happy. Repeat steps 2-3 from the imagery exercise.

**When to use this skill:** Use relaxing imagery when you feel overwhelmed, sad, or scared.

**How this skill helps:** When you take a few moments to think about all aspects of a place that makes you feel safe/happy, you start to feel the comfort and relaxation that you have when you are there. This strategy can take your mind off of what is bothering you and reduce physical challenges that come with stress.

**If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!**