

The Calm Place

A GUIDED VISUALISATION FOR CALM AND SAFETY

The Calm Place is a simple imagery exercise, often used within EMDR therapy, that can help you feel safer, more grounded and more in control. By imagining a place where you feel calm and well, you can support a felt sense of calm and build an inner resource you can return to anytime.

THE CORE IDEA

Your mind can create a place that feels safe, calm and supportive. This imagined place can help your nervous system settle, reduce distress and give you a sense of inner stability — a place you can return to whenever you need it.

GROUND
HERE



1



FIND A COMFORTABLE POSITION

Sit or lie down somewhere you feel safe and supported.

2



TAKE A FEW SLOW BREATHS

Breathe in gently through your nose and out slowly.

3



IMAGINE YOUR CALM PLACE

Let a place come to mind where you feel calm, safe and comfortable.

4



EXPLORE THE DETAILS

Notice what you can see, hear, smell and feel there.

5



FEEL THE POSITIVE SENSATIONS

Notice the feelings in your body as you take in this place.

6



RETURN WHEN NEEDED

Gently bring your awareness back, knowing you can return here anytime.

① HELPFUL TIPS

- Choose a place that feels safe and comfortable for you.
- There is no right or wrong way to do this.
- It can be a real place, an imagined one, or a memory.
- Practise regularly so it becomes easier to access.

☀ YOU MIGHT NOTICE

- A slower heartbeat
- A sense of warmth or ease
- More space in your thoughts
- A feeling of safety or steadiness

♥ A GENTLE REMINDER

This is a tool to support your wellbeing. It is not a replacement for professional support. If difficult emotions arise, take a break and bring yourself back to the present moment.

You can return to this place anytime you need a sense of calm, safety or strength.

SOURCES

Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures* (3rd ed.). Guilford Press.

van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Viking.