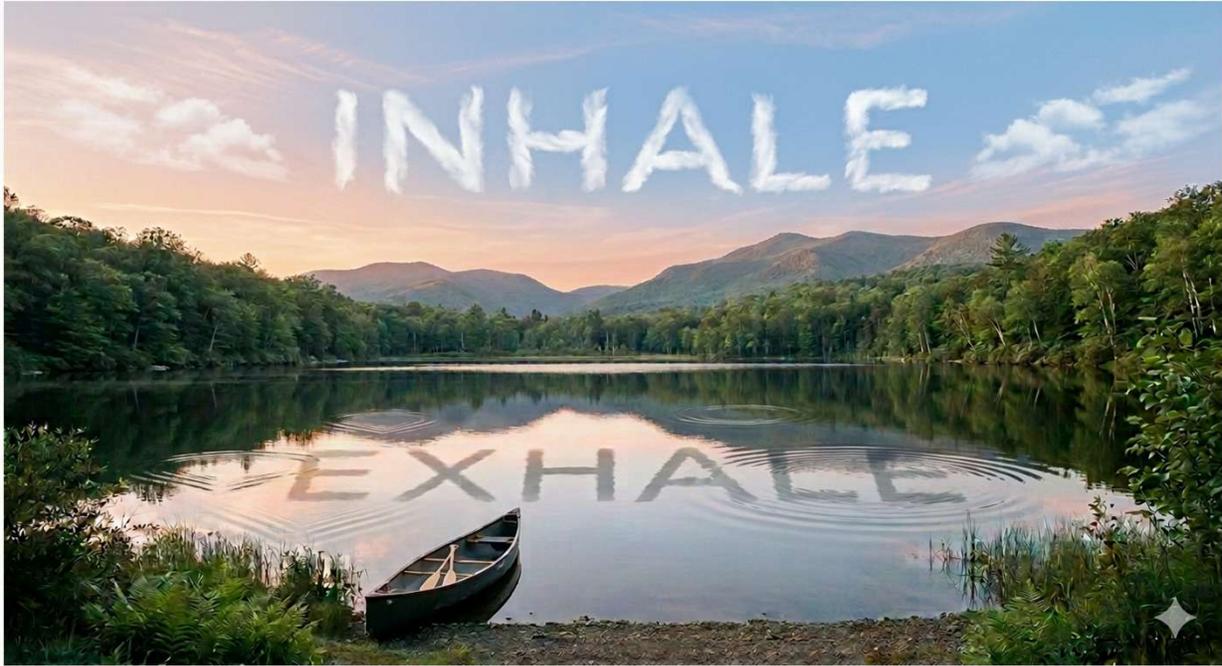


MEDITATION: SAFE PLACE VISUALIZATION



Relax: Find a quiet location. Take slow deep breaths.

Visualize: Imagine a place that makes you feel safe and comforted (such as your favorite place, a positive memory, or a made-up landscape).

Be Mindful: Take note of things within your visualization (what you can see, hear, feel, and smell). Notice the peace and calm. Say it to yourself, “I feel peace and calm”.

Return: Slowly bring yourself back to the present. Try to hold on to the feeling of peace and calm you just felt.

Practice: It may feel awkward at first. It will become easier.



Depression and Bipolar
Support Alliance

West Virginia
State Organization

WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.
For mood disorder support groups, visit DBSAWV.org or call 304-241-1862

