



A calm place is a real or imagined spot where you feel peaceful and safe. The more detail you give it, the easier it is to return to. **Build it when you already feel okay**, so it is ready when you need it.

1 Choose my place *A beach, a porch, a forest, a room, somewhere made up.*

My calm place is: _____

Draw it, or stick a picture here.

2 Fill in the details *Use your senses.*

I see: _____

I hear: _____

I smell: _____

I feel on my skin: _____

3 Lock it in

Where I feel the calm in my body: _____

My cue word:

One word that brings the place to mind, like "shore" or "still".

Practice: picture your place, say your cue word and take five slow breaths. Do this once a day for a week. Then try it when your stress is small, before using it for bigger moments.