

Visualizing a Safe Space

Guided meditation script for stress management/emotional regulation/establishing safety for trauma-informed work

The purpose of this meditation is to relax your body and brain, and to guide you towards visualizing a safe and peaceful space. This space is one you will create in your mind, and be able to retreat to when you're experiencing anxiety, stress, or overwhelming emotions.

So let's begin by getting into a comfortable position. You can sit or lie down, whichever feels the most comfortable for you.

Close your eyes. If you aren't comfortable closing your eyes, choose a spot in front of you and let your gaze soften.

For the next few moments, let's focus on your breath. Take a deep breath in [breathe in], and imagine that the air coming in is washing over your body with a peaceful, calming sensation. When you're ready, let the air out through your mouth as slowly as you can [breathe out]. Feel the tension leave your body and mind, as you exhale and release any stress you may be holding. Take another deep breath, and keep feeling the air fill and calm your body... and breathe out, trying to let go of anything that happened during the day. Take a few more breaths just like this. Breathe in... breathe out. On your own time, continue to keep breathing slowly and focusing on only your breath.

As you continue to breathe, bring your awareness to your body. You're releasing tension with each breath. Begin to scan your body for any remaining stress or tension. Start with your toes. On your next breath, focus your attention on your toes. Tense them up on your inhale, and release them on your exhale.

Do the same thing with your feet. Tense and inhale, exhale and release.

Now bring that attention up to your lower legs. Inhale... and exhale.

And moving up to your hips... inhale, and exhale.

Ball your hands up into fists. Inhale... exhale and release.

Tense your arms. Inhale... exhale and release.

Bring your attention to your torso. Inhale... exhale and release.

Scan your neck. Are you still holding any tension in your neck? Inhale... exhale and release.

Become aware of your face. Are you feeling tension anywhere in particular? Bring your attention to whatever you are aware of... inhale... exhale and release.

Take a few moments to keep focusing on your breathing, and scan your body on your own for any signs of attention or anyplace that pulls your awareness. Tense and release as needed. Feel all of your muscles becoming looser and more relaxed with every breath.

When you're ready, bring your attention back to your heart. Take a few more deep breaths, sending relaxation and peace to your heart, and letting go of anything you're holding.

On your own time, take a few more deep breaths.

Now, begin to picture someplace in your mind. Imagine a safe place, real or imagined, somewhere where you can be completely relaxed and at peace. Let the picture come into focus. Is it inside, or outside? How big is this space? In your mind, look to your left. What do you see? Look to your right. What do you see?

Look in front of you. What details do you see in this safe space? Reach out and touch something that is in front of you. What does it feel like? What are the colors you're seeing?

What do you smell? It's a smell that makes you feel calm and peaceful.

What sounds do you hear? Is it quiet? Are their waves crashing, or music playing? Focus on these sounds that make you feel calm and relaxed.

Are you comfortable in your safe space? What are you sitting on? What's the temperature? Is it warm, or cool? Is there sun on your face, or a breeze? What does the air feel like on your skin?

Now, imagine yourself entering your safe space. Is there a door you have to open? A path you have to take? Slowly enter your space and notice how it instantly feels to be in this place, where you instantly feel completely safe and completely relaxed. You can let go of any stress and worry in this place, and know that nothing can hurt you.

Keep breathing, and stay in this space for a few moments. Observe how it makes you feel. Notice again what you see, hear, touch, and smell. This place is yours, and you can escape to it whenever you need it. Your safe space will always be here for you, as often as you want. Say to yourself, I am safe here. I am at peace here.

Stay here for a few more moments.

When you're ready, keeping that feeling of peace and relaxation with you, slowly come back to the present and return to your day. Very slowly, come back to the room you are in.

With your eyes still closed, slowly move your toes, your hands, your head. Make slow movements as you come back to the present.

When you're ready, open your eyes. Look around you, and gradually adjust to your surroundings.

As you return to your day, keep with you those feelings of relaxation and calm, and return to your safe space whenever you need a break.