

## Creating Safety Exercise

**This is an exercise using guided imagery and art to provide you with a safe place to access in your mind when you need to self-soothe or just as part of your self-care in general. This can be a useful strategy when it would be helpful to feel grounded. Sometimes it helps to have a safe place to go to, even when we cannot physically get there. It can help manage triggers, stressful moments, and create a sense of inner calm.**



**In this circle, you will be walked through a guided imagery exercise that guides your imagination toward a relaxed, focused state where you can envision a safe place. Guided imagery is very much like mediation and has been shown to help our bodies and minds come to a calmer state. After the guided imagery exercise is over, you will be invited to take the image you visualized in your mind and draw it on paper. Art making is a valuable and life enhancing activity. Creative outlets have the ability to unite and bring together emotions with spirit, mind and body. This type of expression helps create a sense of balance and harmony.**

**We hope you will join the circle and allow yourself the freedom to explore and experiment with guided imagery and drawing. You may even be surprised at the results! We will also talk about the benefits of self-soothing and grounding exercises and why we should incorporate them into our day-to-day wherever we can.**