

My Happy Place

A happy place is a location or a space where you feel the calmest and most relaxed. For some people, this can be at the beach, at the library, or in their room. Whenever you become anxious, sad or angry it can be helpful to imagine yourself in this place!

Why don't you try closing your eyes and imagine your happy place now, the more you can imagine the more helpful your happy place will be in making you feel calm. Use the questions below to help imagine your happy place.

My Happy Place is

What can you feel or touch?



What things do you see?



What sounds do you hear?



Is anyone else in your happy place?



What do you smell/taste?



How are you feeling?

