

From *the* award-winning Nurse Coaching textbook... [Nurse Coaching: Integrative Approaches for Health and Wellbeing](#) (p.510)

Appendix F-11: Imagery for Stress Reduction- Connecting with a Safe Place

1. Begin by noticing your breath...stay with this for a few moments...
2. Now, use the power of your imagination to experience yourself in a safe place... it can be an actual place, or a place you have created.
3. Really notice and experience this place and what it feels like to be there.
4. Notice what it is about this place that allows this experience of safety and peacefulness.
5. Know that this place of sanctuary is available to you in your imagination whenever you need it.

