

Creating Your Safe Place

Objective

To decrease anxiety and relax using the Creating Your Safe Place relaxation technique.

What to Know

This 20-minute audio will help you calm down, relax, and imagine a safe place.

[Click here to listen to this audio.](#)



Use QR Code to Listen on Your Phone

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are feeling anxious or stressed.

Use the following chart to record your daily relaxation practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily relaxation exercise.

Day	Time of Day	Minutes	Mood Before Relaxation	Mood After Relaxation
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				