

Time Out Technique

This is an exercise you can use in situations where you feel stressed or anxious. You can use this technique anywhere or anytime. No-one else needs to know you are doing it, just take a few moments out of the stressful situation to go to the relaxing place in your mind.

Think about a place you have been where you felt happy and relaxed. It might be somewhere you have been on holiday or a special place in your home. It should be somewhere where you have felt calm and at peace. Picture that place clearly and think about what you can see there, what you can hear and how it smells. Get the image fixed in your mind so you can call it up whenever you like.

Now, when you are in a situation where you feel stressed, imagine yourself opening a door which takes you to this place. In your mind picture yourself stepping into this place and soak up the atmosphere, feel the relaxation wash over you. You just need to do this for a few moments, and then return to where you were or what you were doing before.