

Distress Tolerance: Visualization & Higher Power

SAFE SPACE VISUALIZATION



- Your brain and body often cannot differentiate between reality and imagination. Due to this, imagining a peaceful and safe place where you can relax can help you feel soothed and less distressed
- To do this, try the following visualization exercise:

Step 1) Find a quiet room with no distractions

Step 2) Think of a real or imaginary place that makes you feel safe and relaxed

Step 3) Sit in a comfortable position

Step 4) Take 3 slow, deep breaths. Hold each breath for 3 or 4 seconds

Step 5) Continue to breath slowly (without holding your breath) and begin imagining your safe place

Step 6) While imagining, use all 5 senses, one at a time while breathing slowly

- **Sight...** Look around that the details of your environment
- **Hearing...** Listen to the sounds, such as birds, water, wind etc.
- **Smell...** What smells are in your safe place? What does the air smell like?
- **Touch...** Can you feel the wind or touch something in your environment?
- **Taste...** Can you eat or drink something? What does it taste like?

Step 7) Then, using all of your senses, explore your imaginary environment and recognize your new feeling of relaxation

Step 8) Take one last deep breath and slowly open your eyes

IDENTIFYING YOUR HIGHER POWER



- Having faith in something bigger than oneself can often help people feel empowered, safe, and calm. This can be very helpful when feeling powerless or hopeless
- If you believe in a particular religion, find and engage in activities that make you feel calm and relaxed, such as church service (online if needed), engaging with others who are part of the same congregation, or read relevant scriptures
- If your higher power is something else, reflect on the characteristics of that higher power that makes you feel special, unique, and hopeful
- If your higher power is the Earth, close your eyes and reflect on how incredible life is and all of the interconnected systems that supports life of all kinds