

CONTROLLING STRESS WITH YOUR CALM SCENE

The day-to-day difficulties of modern society is a cause of stress. You may not be able to avoid or get rid of it, but you can learn to control it.

TRY THIS APPROACH

In your mind, create and visualize a feeling where you can experience a unique sense of peace, a oneness with the world.

Some use a time when they recall being particularly connected with nature. Suggestions:

- On a mountaintop looking into the distant valley below, surrounded by silence
- At the seashore looking into the distant vastness of the ocean horizon

Some have associated **calm** with a single moment when, for an instant, they felt a certain peace or even absence of conflict, where there was a pause in the cares of the world and a sense of peace descended over them.

Whatever your unique visualization, there are certain guidelines to use in selecting a **calm scene** which will serve you as you continue on your journey.

SPECIFIC SCENE:

The scene should be a specific place, not a general or vague memory like "in the woods somewhere."

Use your senses:

To make your image clearer, use all your senses. What do you see? What do you hear? What do you smell? What do you feel?

No other people:

Select a scene where you are absolutely alone and safe.

Limited activity:

Your physical activity should be limited. Excessive activity tends to remove the aspect of calm you are looking for.

No substances:

Your remembrance of **calm**, in order to be useful in your journey, should not be influenced by drugs, alcohol or tobacco.

Write it down:

Now that you have selected your **calm scene**, write a short paragraph to describe it. Describe where you are, what you see, what you hear, what you smell or taste, how you feel, and where in your body you have this feeling.

MY CALM SCENE:

PUT IT TO USE:

Find a moment when you can relax and enter into your **calm scene**. Once you're there in that calm, serene space in your head, anchor it with a touch by clasping the fingers of one hand around the wrist of the other hand. Feel a gentle wave of calmness and peace surge through your mind and body.

Whenever you need to reduce stress, clasp your wrist in the same manner to trigger your calm scene.