My place of refuge

Take your time for this exercise.

Find a place where you feel comfortable and won't be disturbed. It might be a corner of your flat or an entire room, a space on the sofa or even the protection of sitting below a table. Take all the time you need to find this place, and to make sure you really do feel comfortable there.
Trust your own judgement — where do you feel most comfortable today? We often have a lot more choices of a place where we feel good than we generally realise.
Make any preparations you need, and take your time doing so, as that is the most important aspect of the exercise — that you choose your place with a great deal of consideration, that you prepare it with everything you need, and you may wonder afterwards about all the things you took to your place and what you left outside of it.
Make your place as comfortable as possible, with blankets, cushions, maybe something to put below your legs for support, cuddly toys, little stones, plants or whatever it is you need to feel good and safe there.

When everything is ready, enjoy being in that place. Be aware of where your body has contact to the surface beneath it and what that feels like. What do your shoulders feel like, your neck, which has perhaps become less tense, your belly, your middle that can be big and strong, and perhaps your chest area has widened? Feel how your breath is flowing more calmly. What sounds can you hear, inside you and around you — quiet and familiar ones like the beating of your heart, the rumbling of your tummy, the low gurgling noise of the radiator, the traffic flowing by outside? What does this comfortable situation feel like, what are the factors that make it happen? Where can you feel the pleasant sensation of warmth? The soft touch of the fabric on your skin? The protective wall at your back?

What does your place look like, what colours there make you feel good, what shapes? Maybe there is a pleasant scent in the air ...
If your mind wanders to think of other things, just watch them for a second, and then let them slip away again, and return to the pleasant feeling of being in your safe space.
After a while, when you feel ready, slowly bring your focus back to the outside world, but take all the impressions you had in your safe place with you, perhaps give them a smile to thank them for the pleasant experience. Prepare yourself to return to everyday life, and allow the positive feeling you have to linger, feel the flow of your breathing ...
And before you pack everything away and turn towards other activities, look for something small and symbolic to take with you that reminds you of this feeling and the flow of your breath — a small stone, a scarf, an old soft toy. Or paint or draw it on a piece of paper and put it in your bag. You might also hang it up at your desk. And if someone asks you about it, maybe you can think of a funny story to tell about it.
Have fun!

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