My inner holiday resort

This exercise can be used to help you relax. You can use it as often as you want and wherever you want.
At first, you'll find is easier to do the exercise in a place you feel at ease, for example at home or somewhere in nature. After practising a few times, you'll be able to find and visit your inner holiday resort in your everyday life no matter where you are.
Make sure that you remain undisturbed for about 15 to 20 minutes (this will no longer be necessary after a while).

Close your eyes or leave them open — whichever feels better for you. Feel free to change this during the exercise, or to change the position of your body if you want to.
Maybe you're already looking forward to the exercise, or you feel a pleasant feeling of excitement, the way you do when you're really going on holiday.
Perhaps some images are already beginning to form in your mind's eye, pictures of landscapes or places. These might be areas you have already visited, or somewhere totally different that only exists in your imagination, places you are now drawn to. Allow yourself time to explore the places that come to mind a little: enjoy the colours, the movements, or the calm of these inner images.
Listen to the sounds and noises, or to the quiet.
Are there any particular scents at your inner holiday resort, and can you smell the clear air?
Can you taste any food or drink that you associate with this place?
Maybe you can feel a light breeze on your skin, the warmth of the sun or pleasant raindrops?
Paint a detailed picture of all the things you feel — and the images, sounds, smells and tastes. Listen to your holiday, let the warmth of the sun wash over you, taste the different air, listen to the sound of the expanse.
Enjoy all these sensations. Give yourself as much time as you need and want to have, and only start to take leave when you really feel ready for it: until your next visit, either here or to another place of your choice.

Take your time with returning — move your fingers and toes, hands and feet, stretch yourself as if you had just awoken from a deep sleep. If your eyes were closed, open them slowly and realise where you are.
If you would like to take a little of your holiday into your everyday life, then look around and see if you can find something that reminds you of it. A small pebble, or a piece of fabric, a dried flower, or a piece of paper where you can write down what you liked best about it. This will make your short holiday present wherever you take these things with you.

Have fun!

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