Elizabeth's Creative Wellbeing Workshop

My Peaceful Place

Imagine, remember or create somewhere that feels comfortable to you.

You can draw, write, use colours or simply reflect. Choose what feels right.

This is my peaceful place...

What can I see here?

Colours, shapes, people, plants or anything else...

What can I hear or notice?

Sounds, quiet moments or comforting details...

What helps this place feel peaceful to me?

A feeling, a memory, a favourite thing or something I imagine...

A gentle reminder

I can return to this place in my imagination whenever I choose.

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This creative resource supports reflection and is not a substitute for professional care.