



Isle Listen

Imagery

Think of a place that you enjoy being. Your 'happy place' or somewhere you find comforting. Maybe a beach, your bedroom, a quiet field, or even a loud gig! For 5 to 10 minutes, use all your senses to imagine this setting in great detail



What sounds can you hear? Are they soft or loud? Listen to everything around you, even concentrating on distant sounds.



What does the air smell like around you? What scents are there? Are they strong? Take time to appreciate the different smells.



What can you see around you? Look around to take in all your surroundings. Make sure you don't miss any small details.



Are you eating or drinking anything? Is it enjoyable? What is the flavor like? How does it taste? Thank about all the textures and flavours of the food or drink.



What can you feel around you? Is the temperature hot or cold? What clothes are you wearing? Are they soft on your skin? Soak in all the sensations you're aware of.