

# Take a One-Minute Vacation

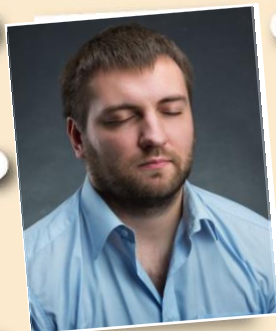


1. Imagine a place where you **felt relaxed, calm and happy**.
2. Recall what it was like to be in that **place**.

What did it look like?



What did it smell like?



How did you feel?

What did it sound like?

3. **Imagine yourself** there doing something relaxing.
4. Return to the present, bringing that **warm feeling**.

