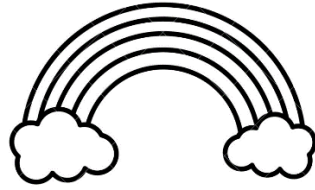


Finding a happy place



- Think about your favourite holiday destination, somewhere you want to go to or somewhere you have been.
- Close your eyes, breathe in and out with a normal breath.
- What can you see?
- What can you hear?
- What can you smell?
- Who is with you?
- What do you like about this place?
- Spend a few moments here and, when you open your eyes, notice how you feel?

