

MY DREAM SPACE

My dream space is a place in my imagination I can visit whenever I feel particularly anxious or stressed. Here is what I can picture:

What I can see: In my dream space, I can see many fairy lights hanging on the walls. I can also see that the lights change colors slowly, and fade in and out. I can see a big, spacious bed littered with pillows and blankets, which are all a soft gray color. I also see a bookshelf, with all my favorite books!

What I can touch: I can feel the fluffy pillows surrounding me, as well as the huge and bulky blankets wrapped around me. I am also holding an ice-cold glass of iced tea, which goes well with the warmth of the blankets.

What I can smell: I can smell my favorite vanilla-scented candle!

What I can hear: I can hear some music playing at a low volume, and the sound of the air conditioner cooling my room.

What I can taste: I can taste that refreshing iced tea, which also has a slice of lemon to give it even more flavor.

NOW YOU TRY!

Use your dream space as a tool whenever you are feeling stressed, this can be a great way to get away using your imagination!