


Inner Resource Tool: 1. Imagery Tool

 **Practice 1.** Which images, that bring well-being, happiness, security, peace, quiet, okness, can you recall, experience, visualize, & list?

Places: _____


Memories: _____

Life's moments: _____


Activities: _____

People: _____

 **Practice 2.** From your list, which one brings the most well-being, calm, happiness, security, peace, quiet, okness? _____

 **Practice 3.** Using your 5 senses, how can you make your safe haven come to life? (e.g. colourful forest, light through the trees, earthy scent, cool wind, rustling of leaves, birds singing, refreshing)

RESOURCES:

 iREST®: <https://www.irest.org/live-stream-sangha-sessions-richard-and-stephanie>
<https://www.irest.org/recorded-sangha-sessions-richard-and-stephanie>

 JEN B YOGI YOUTUBE: <https://www.youtube.com/channel/UCy84oa7ttKyR5BIbSErITBw>

 OISE WELLNESS: https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html