

## ACTIVITY 2

# “Happy Place” Sensory Recall

*Read steps 1-5 before beginning.*

### Instructions:

1. Take Blood Pressure and write result on your Participant Results Form.
2. Stay in a comfortable relaxed seated position. Close your eyes and take a few deep breaths, very slowly. Think of a place you have been, or would like to go, that you feel is relaxing and peaceful. If you are having trouble thinking of place you might try one of these:
  - a relaxing day near the ocean with a beautiful blue sky
  - a trip to the mountains with pine trees and a gentle breeze
  - a walking path in a meadow surrounded by wildflowers
  - curled up in your favorite chair at home with your hands wrapped around a cup of soothing tea
  - or lying down outside on a lounge chair next to a pool in perfect temperatures
3. Once you have a place in mind, focus your thoughts on what you might experience with each of the 5 senses if you were in that location. What do you:
  - See?
  - Hear?
  - Smell?
  - Feel?
  - Taste?

An example of a day at the ocean might go like this...

... seeing a beautiful blue sky with a few wisps of white clouds; the ocean reflecting the blue sky, gentle waves, and a sailboat in the distance.

... hearing the gentle splash of the waves as they roll onto the sand; seagulls calling softly

... smelling the earthy scent of wet sand and a hint of coconut

... feeling the warmth of dry sand as you sift it between your fingers, and the coolness of the water as you let it wash up onto your toes

... tasting the saltiness of the sea mist as you lick your lips

Let your imagination go on a vacation and add to these senses in your own "Happy Place."

4. Open your eyes, take a deep breath... welcome back!
5. Take Blood Pressure again and write result on your Participants Results Form.

## WHY THIS WORKS...

**Meditation is good for business.** Meditation can make you a better leader. In a Forbes article, one business leader says “It helped me to put stress and demands in a container, dealing with them slowly and focusing on the important decisions, both at work and at home.”

**There is scientific research that demonstrates the benefits of meditation for your body and brain.** From the Huffington Post: “We already know that psychosocial interventions like mindfulness meditation will help you feel better mentally, but now for the first time we have evidence that they can also influence key aspects of your biology,” lead researcher Dr. Linda Carlson of the Tom Baker Cancer Center at Albert Health Services, said in a statement.

**Meditation slows aging.** Studies show that meditation changes brain physiology to slow aging. “Cognition seems to be preserved in meditators,” says Sara Lazar, a researcher at Harvard University. – Quote from 8 Ways Meditation Can Improve Your Life.

Source: Be More With Less: <http://bemorewithless.com/break/>