

Find your happy place!

Hypnotherapist Emma Langton explains how to transport yourself to your feel-good location wherever you are.

It's good to have somewhere to go that makes you feel happy and relaxed, so that when things get too much in life, physically, mentally or emotionally, you have a place in which to unwind. But you don't always have to physically be in that space – you can create it in your mind too. Research shows that whether we imagine something or we're actually there, the results throughout our minds and bodies are the same. So if you can recreate your happy place in your head, it's accessible whenever you need it...

1 Sit somewhere comfortable for five minutes. Close your eyes and think of being somewhere that makes you feel completely happy.

2 Imagine it as vividly as you can: colours, sounds, textures, temperature, smells and tastes.

3 Notice how you feel in this place. Are you happy, calm, relaxed or safe? What is it about this place that's so special to you?

4 Notice where in your body you feel these happy or calm feelings – your arms, shoulders, chest?

5 Regardless of where you are and whatever you're doing, practice thinking of, or saying the name of, your happy place and notice those good feelings flowing around your mind and body.

For more information, visit emmalangton.co.uk.