

The Treehouse



Make sure you are sitting comfortably on your chair and that your two feet are on the ground... You can rest your hands on the table or on your lap... Take a deep breath in, filling your lungs with air and slowly release the air through your nose...

Slowly take two more deep breaths, in through your nose and out through your mouth. Spend the next few moments, relaxing your feet and legs. Let go of any tightness and let your whole body become heavy and relaxed.

Imagine a warm energy travelling up from the earth into your feet and legs, relaxing everything it touches. Relax your shoulders, neck and chest. Imagine this wave of energy sweeping through and relaxing this area for you. Pay attention to your arms and fingers, allow the energy to move through. Feel how relaxed you are. Finally bring the energy to your head and allow it to flow out of the top of your head and into the air around you. This energy has left you feeling relaxed, calm and ready to build a treehouse of tranquillity! This will be your place to go when you need to relax, find time for yourself or reflect.

An ancient oak tree stands in front of you. This tree has deep roots and branches that reach out in every direction. This tree is strong and it has stood the test of time. It has seen times of trouble, disease, war and uncertainty come and go. Over the years, it has shown resilience against winds of change. This tree is home to your very own treehouse. This is a treehouse of your own design. Picture how you would like your treehouse to look.

You can add windows, flower baskets, trapdoors, your favourite things, your favourite colours. Allow yourself to design the treehouse anyway you like. Can you see it? Good. Now allow yourself to climb inside the treehouse. Are you inside? Good.

What would you like it to look like in here? How will you furnish your treehouse? Pillows, blankets, curtains, magazines, plants, snacks, pictures or paintings. Anything that makes you feel good when you think about it. Go ahead and furnish your treehouse now.

Know that when you go inside your treehouse you feel relaxed and at peace. This is a place to let go of all your thoughts, all your worries. Take a deep breath and allow yourself to feel very peaceful and relaxed inside your treehouse. Like the mighty oak, you too can see off the things that trouble us.

This is a place that you can go to any time you would like to feel more peaceful and calm. You can visit here whenever you would like.

Now take a deep breath and imagine yourself climbing down out of your treehouse.

Gently bring your attention back to the room. You can open your eyes whenever you are ready.

Colm Conlon,
Primary Health and Wellbeing Advisor,
PDST