Caring Counselling Worthing
Professional Counselling and Supervision

Creating a Little Pocket of Calm

Exploring what feels comforting in the surroundings you already have.

You do not need a quiet room, a tidy home or anything new.

When you are caring, you may have little control over the space around you. You may share a room, need to keep equipment close or remain ready to respond to someone else. This handout is not an invitation to redesign your surroundings. It is a collection of things you might notice or choose, where there is room to do so.

'Calm' may not describe how you feel.

A little familiarity, comfort or sense of something being yours may be closer.

- **A familiar texture.**

  Is there something already nearby that you enjoy touching?

  It could be the cuff of a cardigan, a well-worn cushion, a smooth keyring or the edge of a blanket.
  You might notice its texture or simply keep it close.
  There is no need to close your eyes, concentrate in a particular way or turn it into an exercise.

  Ask yourself: Is there a texture I find pleasant, or one I would rather avoid?

- **Light as it is.**

  Sometimes there is something to notice in the light already around you: a patch of daylight, the colour of the evening sky or a reflection on the wall.

  If you have a choice of where to sit, perhaps one place feels more comfortable than another.

  There is no need to dim lights or change a shared space. Clear, practical lighting may be exactly what you need.

  Ask yourself: Is there somewhere I already spend time where the light feels comfortable?

- **One comforting object.**

  A pocket of calm need not be a place. It might be one familiar thing.

  Perhaps it is a mug you like using, a photograph, a small keepsake or something that reminds you of a person or place.

  If convenient, it could sit where you already spend time or travel with you in a pocket.

It does not need a special container or a collection of other items around it.

Ask yourself: Is there something I already own that I would enjoy having within reach?

- **A small visual reminder of something enjoyable.**

Not everything you look at needs to be a reminder of a task.

There might be room for a postcard, a drawing or a photograph you genuinely enjoy. Or there may already be something to look towards: a tree outside, a favourite colour or the pattern on a familiar cup.

Nothing needs framing, arranging or maintaining. You might simply notice what is already there.

Ask yourself: What do I like looking at that asks nothing of me?

- **A little separation between one task and the next.**

You may not be able to be fully 'off duty'. Even so, there might sometimes be a small way to mark a change.

Depending on what is possible, that could mean:

- putting away a file after an administrative task
- closing a notebook or putting aside a list until it is needed again
- moving to another seat for a drink
- turning towards something you enjoy, rather than towards the next job
- quietly acknowledging, “That part is finished for now.”

These are not boundaries you have to enforce. If you are interrupted, the moment was still yours while it lasted.

Ask yourself: Is there a small way I would like to mark ‘not doing that task just now’?

When you need to remain alert

None of these ideas require you to block out sound, close your eyes or move away from the person you care for. You can leave everything exactly as it is.

A familiar object in your pocket or something pleasant within view may be all you want to explore.

Or you may prefer none of these suggestions. Your responsibilities, preferences and shared surroundings matter more than completing an idea.

A pocket of calm, not another project

You do not need to clear a surface, put together a kit or create a particular atmosphere.

- Perhaps one thing already nearby feels welcoming.
- Perhaps nothing does today.

You can notice that without making it another job to solve.

The question is not, “Have I made my surroundings restful enough?”
It is simply: “Is there anything here that makes this moment a little more comfortable for me?”