

Mission Moments

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Don's Happy Place

We all need to find our happy place. Sometimes, that's a state of mind, and sometimes, it's a real place. When working with his Tangram behavior consultant, Angela, Don would frequently imagine his happy place, and Angela noticed a pattern.

"During our sessions, I often instruct him to find his happy place and he always visualizes a beach," Angela explained.

Like most people, Don hadn't been able to get out much over the past year due to the pandemic, and was feeling a little down, which is what inspired Angela to plan a special experience for Don.

"I thought it would be great to arrange a beach day for him. I checked with his program manager and then we researched a local beach and found a day when the weather was supposed to be nice," she said.



Don enjoys some long-awaited time at the beach with his DSP, Emmah.



(Back to front) Emmah, Don, and Angela at the beach

Don, his DSP, Emmah, and Angela went to Saxony Beach in Fisher, where they enjoyed the feel of the sand on their feet and the sun on their faces, the main reasons why Don thinks of the beach as a relaxing place.

"He seemed to really enjoy it. He was very chatty and thankful," Angela remembered about Don.

A day at the beach was just what Don needed after a stressful year and uncertain year. He and Angela are already talking about other fun things to do and are planning to go see a movie soon. Hopefully, he will enjoy warm memories of his day at the beach whenever he needs a reminder about his happy place.

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