

MINDFULNESS PRACTICE

Guided Imagery

Guided Imagery is a convenient and simple relaxation technique that can help you quickly and easily manage stress and reduce tension in your body. It can be done anywhere and is as simple as indulging in a vivid daydream.



GET COMFORTABLE

Get into a relaxed position, like one you would use for meditation- a cross-legged position or recline in a comfortable chair.



BREATHE FROM YOUR BELLY

This means letting your belly expand and contract with your breath.

IMAGINE A SCENE

Begin to envision yourself in the midst of the most relaxing environment you can imagine.



SENSORY DETAILS

As you imagine your scene, try to involve all of your senses. What does it look like? How does it feel? What special scents are involved? Do you hear the roar of a fire, the splash of a waterfall, or the sounds of birds? Make your vision so real you can even taste it!



RELAX

Stay here for as long as you like. Enjoy your 'surroundings', and let yourself be far from what stresses you. When you're ready to come back to reality, count back from ten or twenty, and tell yourself that when you get to 'one', you'll feel serene and alert, and enjoy the rest of your day!



TIPS

- You may want to use ambient sounds that compliment your imagery. This way, you feel more immersed in your 'environment', plus the sounds of real-life will be obscured.
- You may also want to set an alarm, just in case you lose track of time or fall asleep. This way, you'll be more able to relax and let go, knowing that your schedule won't be at risk.



Need help dreaming up your scene?

Use these prompts to spark your imagination:

- Think of a place that makes you happy. A place that you enjoy.
- Where is this place?
- If no where comes to mind, where would you LIKE to go?
- Is it a place you vacationed with your family? Is it a trip you went on with friends?
- What did you pack? Was your suitcase light or heavy?
- How did you get there? What was the travel to this destination like? Did it take long to get there? Did you drive? Fly?
- Once you got there did you relax? Or was it full of adventure?
- Are there smells characterized with this place? What do you remember about how it smelled? What memories do you associate these smells with?
- Are there sounds that stand out to you about this place?
- Are the sounds loud or soft? Is your ideal place quiet or bustling with noises? Do you hear any repetitive noises? Anything making the same noise over and over again?
- What did this place look like? Are your eyes closed as you are imagining it?
- Is it easy to picture the tiny details of where you were?
- Think of how you'd describe this place to a friend. What do you see around you?
- What is the weather like? Is the temperature warm, cold, just right? Do you feel the warm sun? Or the wet rain? Or the cold snow?
- Do you feel anything? What is on your feet? Are you sitting or standing? How is your body positioned in this place?
- What do you want to remember most from here?