

# guided mental imagery

**G**uided mental imagery is a technique that uses your imagination to help you relax and focus on breathing. You are encouraged to imagine sensory stimulants such as feeling the warmth of the sun, smelling fresh rainfall or hearing a gentle breeze. Mental imagery allows your mind to wander and push away any negative or stressful feelings you may be experiencing.

## Envision a Pleasant Place

1. Find a quiet, comfortable place and position to close your eyes.
2. Take several deep breaths.
3. Imagine yourself in your favorite place. Examples include a vacation destination, happy childhood memory or a made-up environment that soothes you most.
4. Allow yourself to see the scene, smell the scents, hear the sounds and feel the sensations associated with this favorite place.
5. Stay in this favorite place with the sights, scents, sounds and sensations for any length of time needed or allotted.
6. Count backwards from 30 to slowly awaken your mind. While counting down, gradually take in the sights, scents, sounds and sensations of your current environment.
7. Enjoy this refreshed feeling in continuing your day.

## Just Be

1. Tune into soothing music and simply sit.
2. Assess where your body is holding tension and allow this space to soften with each breath.
3. Visualize a warmth or a light filling these areas.
4. Allow this relaxation to grow into other tense spaces until you feel completely relaxed.



## Audio Assistance

Try to find a quiet space with few distractions and allow your mind to explore positive visualizations and sensations with assistance from any of these resources.

- **Headspace:** This application for iPhone and Android devices provide guided meditation sessions and mindfulness training.
- **DoNothingFor2Minutes.com:** A timed relaxation module with soothing ocean sounds. The timer restarts if you touch your keyboard or move your mouse.
- **Calm.com:** Choose guided relaxation sessions lasting two, 10- or 20-minutes.
- **Insight Timer:** This application for iPhone and Android devices provides gentle repetitive music, a customizable timer for self-lead sessions and guided meditation sessions from 5 minutes to over an hour.

