

# Guided imagery

Using your imagination to visualise a peaceful scene or setting lowers stress and anxiety levels, enhances mood, and fosters a peaceful mental state.

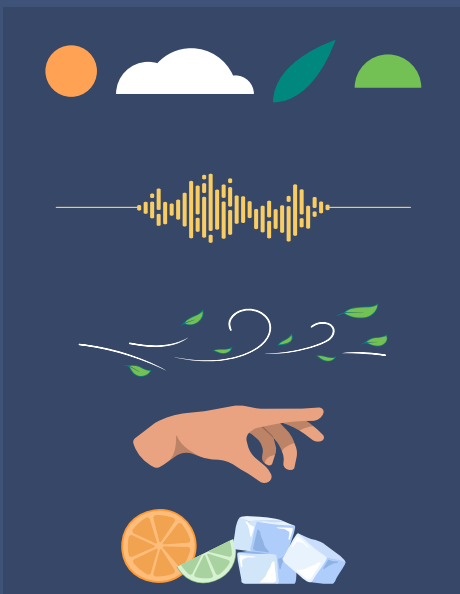
## Steps



**1. Relax:** Find a quiet place to sit or lie down comfortably. Close your eyes and take a few deep breaths to start the relaxation process.



**2. Imagine a peaceful scene:** Visualize a place where you feel calm and relaxed. Imagine yourself in a beautiful forest, by a quiet beach, or in a favourite room filled with comfort.



### 3. Engage your senses:

**a. Sight:** Picture the colours and shapes around you in this place.

**b. Sound:** Listen to any sounds that might be present. Perhaps it's the wave's crash, birds singing, or complete silence.

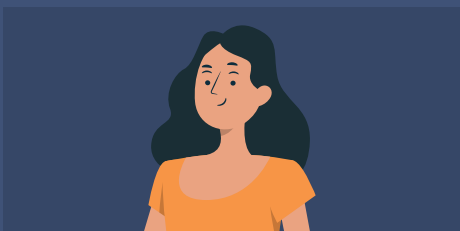
**c. Smell:** Imagine any smells that might be present. Maybe it's the salty air, pine trees, or freshly cut grass.

**d. Touch:** Feel the ground under your feet, the air on your skin, or the sun's warmth.

**e. Taste:** If applicable, think about any tastes that might accompany your environment, like fresh fruit or a cool drink.



**4. Deepen your visualisation:** Explore this place for several minutes, allowing your virtual experience to deepen your relaxation. If your mind wanders, gently bring your focus back to this peaceful place.



**5. Return gradually:** When you're ready, slowly bring your attention back to the present. Open your eyes gently and transition back, carrying that calm with you.

