

Guided Imagery



Guided imagery is the use of relaxation, visualization, and imagination to improve well-being, health, and mood. It can be done alone, with a therapist, or by following a video.

1. Find a quiet place to sit or lie down and become relaxed.
 - Be sure you are comfortable.
 - You can use the Deep Breathing or Tense & Relax Methods to become more relaxed.
2. Clear your mind of distractions and visualize a peaceful scenario. You can try one of these examples:
 - Imagine your favorite place (real or imaginary) or a place you would like to go to, like a peaceful lake, a sunny beach, or a beautiful mountain area.
 - Imagine that your pain or discomfort is an electric current and you can turn it off by turning off the switch.
 - Imagine any pain you have can dissolve into a cloud and it can float away.
 - Imagine having a conversation with your pain or disease; pretend your pain or disease can talk and imagine what it would say and what you could say back.
 - Imagine you are a flower or the sun and you can feel your petals or rays flowing in the air.
 - Imagine you find a key, and then a door that enters a room where you can leave all your pain and discomfort.
3. Whatever you choose to imagine, try to imagine it with all your senses.
 - How warm or cold is it?
 - What do you smell?
 - If you could imagine touching something, how would it feel?
 - What sounds do you hear in your image?
 - What colors do you see?

There is no right or wrong way to practice guided imagery. Start with just a few minutes, and gradually work to build your focus to 10-20 minutes for maximum benefit.

Use this link to view a video of this technique:

https://www.youtube.com/watch?v=t1rRo6cgM_E