

Guided Imagery

Exercise Your Imagination With Guided Imagery

Step 1



FIND A QUIET COMFORTABLE PLACE

where you can focus without distractions.

Step 2

CLOSE YOUR EYES & BREATHE DEEPLY UNTIL YOU START TO FEEL MORE AT EASE.



Step 3



IMAGINE YOUR HAPPY PLACE

It can be a real or imaginary place where you feel calm and peaceful.

Step 4



ADD THE DETAILS

What do you hear, feel, see, and smell?

Step 5



HOLD ON TO THIS AWESOME FEELING

Come back to this place whenever you need to relax.