

WHAT IS GUIDED IMAGERY?

Dim the lights, switch the phone off. You may choose silence or low volume dreamy music.

Guided imagery is the use of visualisation techniques to help you enter a relaxed state. You close your eyes and imagine the sights and sounds of a place you find most relaxing. This may be a tropical beach, warm sun and sound of the ocean, walking through the park, sitting in front of an open fire with snow at the windows...you choose the setting that is right for you as you will experience every sight, smell and sound of that place.

Now let's start.

Find a quiet place and make yourself comfortable, sitting in a chair or lying down.

Take a few slow, even breaths and become aware of just your breathing until you feel relaxed. Take your time with this guided imagery and enjoy every part of it at your own leisurely pace.

When you feel relaxed, gently close your eyes (if not already closed).

The tropical beach setting

SEE. Picture yourself lying on a beautiful secluded beach. Picture soft golden white sand around you, warm in the beautiful golden sunshine and the crystal clear warm turquoise blue water. See the gentle waves that roll onto the shore.

Picture a blue sky above you with perhaps just one or two soft white fluffy clouds high above. See the palm trees swaying in the gentle breeze behind you.

Now relax a little deeper.

SMELL. Breathe in and smell the sand, warmed under the golden sunshine. Smell the scent of the ocean, salty and warm from the clear blue water of the sea.

Breathe in and smell the scent of the palm trees with their tropical flowers, rich and heady with their perfume.

Now relax a little deeper.

HEAR. Notice the sound of the clear blue sea as the waves gently lap at the sand and roll onto the beach.

Listen to the gentle breeze as it softly rustles the leaves of the palm trees behind you and stirs the petals of the tropical flowers.

Now relax a little deeper.

FEEL. Feel the warmth of the sun shining down upon your skin. Feel the gentle breeze as it flutters across your body and gently through your hair.

Stay here for as long as you like, enjoying the experience and the atmosphere. Notice how calm and relaxed you feel. Enjoy the feeling of relaxation as it spreads throughout your body from head to toe. Notice how far away you feel from any anxiety and stress.

When you are ready, prepare to leave your own magical place and return to here and now. Slowly count backwards from 10 and then open your eyes, feeling relaxed but alert. Take a few moments to readjust to where you are before rising.

Walking through the park setting

SEE. Picture yourself strolling thorough a beautiful green park. Picture the different leaves on the trees, gently fluttering in a breeze. See the wonderful colours of the flowers as you walk past them. Appreciate the remnants of dew upon the grass turning it silvery with droplets of dew.

Picture a blue sky above you with perhaps just one or two soft white fluffy clouds high above.

Now relax a little deeper.

SMELL. Breathe in and smell the lovely earthiness of the trees and the soil...the fresh smell of mown grass from the park around you. Breathe in and smell the wonderful floral fragrance of the beautiful flowers that are growing, perhaps so fresh with the dew still upon them.

Now relax a little deeper.

HEAR. Listen to the rustling of the leaves and the gentle song of birds as they soar in the sky above you.

Now relax a little deeper.

FEEL. Feel the warmth of the sun coming through the trees. Feel a gentle warm breeze rustling through the trees and fluttering in your hair.

Stay here for as long as you like, enjoying the experience and the atmosphere. Notice how calm and relaxed you feel. Enjoy the feeling of relaxation as it spreads throughout your body from head to toe. Notice how far away you feel from any anxiety and stress.

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Open fire with snow outside setting

SEE. Picture yourself sitting in a wood cabin, on a fluffy rug in front of a roaring open fire. See the snow at the windows, misting up the panes and notice the snow falling outside in crystal white flakes. Picture the flames of the fire as they turn from colour to colour, flickering in the fireplace.

Now relax a little deeper.

SMELL. Breathe in and smell the wood burning in the hearth. Appreciate the smell of fresh pine cones that are sitting beside the fire. Breathe in the smell of the fresh snow that is falling outside, the crispness and coldness as it settles on the window panes.

Now relax a little deeper.

HEAR. Listen to the silence that the fallen snow brings to the outside. Listen to the crackling of the wood as the flames burn the sticks away in the fireplace.

Now relax a little deeper.

FEEL. Feel the coolness from the window pane misted up with the snow outside. Enjoy the warmth from the fire on your face and arms as you snuggle in a big blanket.

Stay here for as long as you like, enjoying the experience and the atmosphere. Notice how calm and relaxed you feel. Enjoy the feeling of relaxation as it spreads throughout your body from head to toe. Notice how far away you feel from any anxiety and stress.

When you are ready, prepare to leave your own magical place and return to here and now. Slowly count backwards from 10 and then open your eyes, feeling relaxed but alert. Take a few moments to readjust to where you are before rising.