

Strategy #11: Guided Visualization

The guided visualization will help you create a calming place in your mind's eye that you can focus on when you feel stressed.

This practice begins with a brief grounding, moves through a scan of the body for tension, and includes a directive to let go of tension. It is then followed with prompts for deep breathing and the creation of a calm space.

How to practice this strategy

- Take a comfortable seated or lying position.
- Close your eyes if you are comfortable doing so or pick a spot on the floor to focus on.
- Take a few deep breaths.
- Scan your body for tension; breathe in and release any tension.
- Think of a place that is calming for you.
- Remember and focus on everything that you see around you, all of the colors and objects.
- What can you feel around you? What is supporting you? What textures do you feel?
- Think about all the sounds that you hear.
- Can you smell anything when you are in this calming place? Focus on that.
- Keep taking smooth, deep breaths.
- Return your focus to this calming place whenever you feel stressed.

Begin this practice as soon as you notice your stress warning signs. You can practice this visualization strategy daily if it helps you relax.



AUDIO FILE

Audio file #4: Guided Visualization (www.brushededucation.ca/stress)