



Family Activity

INTRODUCTION TO GUIDED IMAGERY



WHAT IS GUIDED IMAGERY?

- A form of mind-body medicine to help you relax by using your *creative mind and sense of self*
- Through deep breathing and an imagery script, you will create images and sensations in your mind of a special place that makes you feel comfortable, calm, and safe
- *Uses your own imagination* to create a space in your mind that is uniquely yours
- You will use your *five senses to enhance your special place*
- As you practice guided imagery, you may find your experience change and it may become more detailed or creative over time



WHY USE GUIDED IMAGERY?

- Imagery allows you to tap into your creative mind and create an experience that is your own
- Creating your own mental special space allows you to feel more relaxed and comfortable
- When feeling relaxed, you can be more creative about solving problems; this can make it easier to gain **control of your life** and gives you a stronger sense of empowerment
- Gives you a **break from your own worries** and negative thoughts
- Combining imagination with relaxation has been shown to **improve healing, growth, and learning**
- Allows you to focus on positive thoughts and visualize the negative thoughts leaving your mind
- Once you create an image in your mind that makes you feel calm and safe, you can **mentally return to this special place** any time you need a break from your worries or stresses





Family Activity

INSTRUCTIONS FOR BOOSTER WEEK 5 ACTIVITIES

Materials: Journal and pen (new journal and pen included in booster box for adults)

Today you will learn about another **mind-body medicine technique** called **guided imagery**. Guided imagery can easily be combined with soft belly breathing that you recently learned about.



Guided imagery instructions:

- Similar to soft belly breathing, one person can read the script, while the other person (or persons) listen and follow the instructions. Alternatively, you can record your own voice reading the script and play it back for yourself
- Find a comfy position (sitting or lying down) and **use your soft belly breathing** to become fully relaxed
- You will **imagine being in a special place where you feel safe and relaxed**. You will have the opportunity to **engage any or all your senses (sight, hearing, touch, smell, and taste)** in this activity. Don't worry if you find it hard at first; it will get easier with practice
- You can return to this special place that you create in your mind any time that you want to get away and relax for a bit
- Use your journal** to write down what you saw, how it made you feel and any other thoughts that came to mind
- Feel free to even draw an image of your special place afterwards, or use the worksheet attached!



Family Activity

Special Place Guided Imagery



We are going to use imagery now to help you go to a special, **safe** and **comfortable** place where you can relax.

Creating a special, safe, or comfortable place provides a kind of mental and emotional time out.

Sit comfortably, breathe gently, and **relax**, trusting that your imagination will do the work for you.

Feel yourself supported by the chair or the floor.

Allow yourself to go to a place that feels special, comfortable, and safe to you, perhaps a place in nature you particularly like, a place indoors, or an imaginary place that **feels just right for you**.

You may know the place well or never have seen it before. If you find yourself moving from place to place, enjoy the process, and eventually allow yourself to come to rest in one place.



Look around you.

What do you see?
What do you hear or smell?
How do you feel?
What are you wearing?



Make yourself comfortable wherever you are. Are you alone, or is someone else there? Perhaps an animal?

Make this special place perfect for yourself.

You may like to add something or take something away from this place.

If you would like to bring someone or something else into this place to make it even more comfortable or safe, please do so.

This is your own special place, your safe and comfortable place.

Breathe deeply and enjoy the feelings of relaxation and comfort.

Know that you can return to this place anytime you wish to relax and be replenished.

Knowing *you can return whenever you like*, gently bring attention back to your breathing; notice your body sensations as you are sitting or lying down

Slowly open your eyes...



Write a story about
your inside quiet
place..

