

Visualization Exercise

The purpose of this visualization is to relax your mind. Allow yourself a few minutes so that you can relax without having anything else you need to focus on. Find a comfortable position.

For the next few moments, focus on calming your mind by **focusing on your breathing**. Allow you breathing to center and relax you. Breathe in.... and out.

Continue to breathe slowly and peacefully as you allow the tension to start to leave your body.

Let the rate of your breathing become gradually slower as your body relaxes.

Now think of a place—real or imaginary—where you can completely relax. It might be the beach....or the mountains....or a room in which you feel particularly safe and comfortable.

Imagine yourself **IN** that place, and in your mind's eye **see** it as clearly as you can.

Are you alone? Are there other people present? Animals? Birds? Trees? Take a moment to see everything as clearly as you can.

Now focus on the sounds in that place. What can you **hear**?

Leaves? People? Water? Hear whatever sounds are there. Listen for a few moments.

Now imagine any **tastes and smells** your place has to offer.

Vegetation? Food? Suntan lotion?

Now feel whatever you can **feel** in your relaxing place.

The temperature, any breeze that may be present, surface you are on....

Imagine every detail of this calming place in your mind.

Focus again on the **sights** of your place - colors, shapes.... objects.... plants..... water..... all of the things that make your place enjoyable.

Feel yourself **IN** this peaceful place. Enjoy being there, relaxed and present.

Enjoy your peaceful place for a few moments more. Know that you can return to this place in your mind whenever you need a break. You can take a mental vacation to allow yourself to relax and regroup before returning to your regular roles.

When you are ready to return to your day, file away the imaginary place in your mind, waiting for you the next time you need it.

Bringing the feeling of calm with you, turn your attention back to the present. Notice your surroundings as your body and mind return to their usual level of alertness and wakefulness.