

Managing Stress Through Positive Imagery

Positive imagery involves creating an image in your mind that produces positive feelings. In guided imagery, you intentionally think of yourself in a peaceful place or scenario.

Positive imagery can help you feel less stressed by developing positive emotions and feeling calmer and less anxious.

To Get Started:

- Sit or lie down in a quiet, comfortable area.
- Close your eyes. Take several deep breaths. Inhale and exhale deeply and keep breathing deeply as you continue this relaxation technique.
- Imagine a peaceful scene like a lush forest, majestic mountain range, or a quiet, tropical beach. Or, think of a favourite place in nature that makes you feel relaxed.
- Think of the details in the scene. Imagine the sounds, scents, and sensations of being in this peaceful, calming place.
- Envision a path in your scene. Picture yourself walking along the path, imagining the details and sounds as you walk this path.
- Relax in your scene for several minutes. Continue breathing deeply.
- After 15 minutes, count to three. Open your eyes.

