



GUIDED IMAGERY

Guided imagery is a personal experience, so feel free to modify or adapt the imagery to suit your preferences and needs

Sit or lie down in a comfortable position, ensuring that you feel relaxed and supported.

Gently close your eyes and take a few deep breaths, allowing yourself to begin to let go of any tension or stress

Imagine yourself in a tranquil and serene setting. It can be a place you've been before, or one you create in your imagination. It could be a beach, a forest, a garden, or any location that brings you a sense of calm and relaxation

Begin to engage your senses as you imagine being in this peaceful place. Notice the colours, the textures, and any scents that are present. Feel the warmth of the sun or a gentle breeze on your skin. Hear the sounds nature or any other soothing sounds that bring you comfort

Take a moment to explore your surroundings. Walk along the beach, wander through the forest, or sit by a tranquil pond. Notice the details of the environment—the sights, sounds, and sensations you experience. Allow yourself to fully immerse in the experience

As you continue to breathe deeply, imagine that with each breath out, you are releasing any remaining tension or stress from your body. Feel the weight of relaxation settling in, from the top of your head to the tips of your toes

Embrace the tranquillity of this peaceful place. Allow yourself to feel a deep sense of calm and serenity washing over you. Bask in the feelings of relaxation and inner peace. Spend as much time as you need in this peaceful place, enjoying the tranquillity and relaxation it provides. Allow yourself to be fully present in the moment

When you're ready, begin to gently bring your awareness back to the present moment. Take a few more deep breaths and wiggle your fingers and toes to reorient yourself to your physical surroundings.

Take a moment to reflect on the feelings and sensations you experienced during the guided imagery exercise. Consider how you can carry this sense of relaxation and peace into your daily life.