

guided mental imagery

Guided mental imagery is a technique that uses your imagination to help you relax and focus on breathing. You are encouraged to imagine sensory stimulants such as feeling the warmth of the sun, smelling fresh rainfall, or hearing a gentle breeze. Mental imagery allows your mind to wander and push away any negative or stressful feelings you may be experiencing.



Use Your Mind

Location. Find a quiet, comfortable place and position to close your eyes.

Breathe. Take several deep breaths.

Visualize. Imagine yourself in your favorite place. Examples include a vacation destination, happy childhood memory, or a made-up environment that soothes you most.

Use your senses. Allow yourself to see the scene, smell the scents, hear the sounds, and feel the sensations associated with this favorite place.

Allow time. Stay in this favorite place with the sights, scents, sounds, and sensations for any length of time needed or allotted.

Relax. Count backwards from 30 to slowly awaken your mind. While counting down, gradually take in the sights, scents, sounds, and sensations of your current environment

Savor. Enjoy this refreshed feeling in continuing your day.

Just Be

Be a listener. Tune into soothing music and simply sit.

Be a noodle. Assess where your body is holding tension and allow this space to soften with each breath.

Be warm. Visualize a warmth or a light filling these areas.

Be relaxed. Allow this relaxation to grow into other tense spaces until you feel completely relaxed.

Online Resources

Try to find a quiet space with few distractions and allow your mind to explore positive visualizations and sensations with assistance from any of these online apps or resources.

Headspace: This application for mobile devices provides guided meditation sessions and mindfulness training.

Calm.com: Choose guided relaxation sessions lasting 2-, 10-, or 20-minutes.

Insight Timer: This application for mobile devices provides gentle repetitive music, a customizable timer for self-lead sessions, and guided meditation sessions from 5 minutes to over an hour.

“We all experience stress one way or another, and finding ways to manage that is beneficial. It’s important to allow yourself the time to **relax. We all need that **mental break.** Make sure you take it.”**

— Grace Tworek, PsyD., Health Psychologist, Cleveland Clinic

