

GUIDED IMAGERY

Guided imagery uses your thoughts and directs your imagination to a “happy place” where you can calm yourself. Although it’s happening in your imagination, your brain will treat it as though it’s really happening.

Benefits of Guided Imagery

- Your body and mind are connected; it will calm you in the moment.
- It involves your whole body, emotions, and senses
- The brain responds as though what you’re imagining is real
- The more senses you can involve, smell, hear, feel, etc., the more powerful the experience will be
- Lowers stress levels almost immediately

How To/Resources:

<http://youniquefoundation.org/grounding-technique-guided-imagery/>