

GRADUATING TO ADULT CARE

GUIDED IMAGERY

Name: _____

Date: _____



Guided imagery is like therapeutic, relaxing daydreaming. By imagining yourself in in the safest, most comfortable place you can think of, you can create that safe feeling in yourself, relieving pain, fear and anxiety.






To start:

1. Get into a comfortable position. Some people lie down, sit cross-legged, or lean back in a comfy chair.
2. Close your eyes and use diaphragmatic breathing until you reach a relaxed state.
3. Envision yourself in the middle of the most relaxing environment you can imagine.
4. Try to imagine your scene using all five senses.
5. Stay in your safe environment as long as you want. When you want to come back, count back from ten or twenty, telling yourself that when you get back, you'll feel serene and prepared.



MY SAFE PLACE

What is the safest place you can imagine? _____

Name 3 SIGHTS in your safe place 	Name 3 SOUNDS in your safe place 	Name 3 SMELLS in your safe place 	Name 3 TASTES in your safe place 	Name 3 things you FEEL in your safe place 
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____

Adapted from Scott, 2008 <<http://stress.about.com/od/general-techniques/ht/howtoimagery.htm>>