

Let's Talk About...

Imagery techniques

You can use imagery to imagine you're somewhere else. Just by imagining a relaxing place or thinking relaxing thoughts, you can feel more comfortable.

How do I pick the right imagery?

Everyone is different and finds different scenes calming. To create imagery that will help you relax:

- **Consider your interests.** Do you prefer to be outside or inside? Are you social and active? Do you like to be alone?
- **Think about your favorite place.** Visualizing a vacation spot or even a cozy space in your home can help you relax. Make sure this is a safe, comfortable place.
- **Decide whether to include action.** You may find an active scene where you're playing sports or running more calming. This scene may also make you excited instead of relaxed.
- **Include all five senses.** Effective imagery helps you see, hear, feel, smell, and taste different things while you imagine a scene.
- **Write down your scene or use one of the examples.** You may type it so it's easier to read.
- **Read the scene or have someone help you memorize it.** It may be helpful to read the scene each time, or you can try to remember it after reading it a few times. You can also record yourself or a parent reading the scene and play it back when you need to relax.

What are some imagery examples I can use?

You may find one of the following imagery examples helpful. You can also create your own relaxing scene on the next page.



Beach scene

You are lying back in a chair on the shore of a beautiful beach. You can hear the waves crashing against the shore, the sound of seagulls flying, and people splashing in the water. You feel the sand beneath your feet, the warmth of the sun, and a slight breeze brushing gently against your skin. When you look around, you see white, glistening sand stretching for miles in either direction. You see an endless blue sky over the blue-green ocean. You take in a deep breath and smell the salt in the air. You can even taste the salt in the air. You lie there with your eyes closed and take in the warmth of the sun and the sounds of the ocean. You feel relaxed and comfortable.

Mountain scene

You are sitting on the porch of a log cabin near the mountains. When you look around, you can see snow cresting the peaks, tall green trees, and a few deer grazing in the meadow. You feel a cool breeze ruffling your hair and smooth boards beneath your feet. You smell lavender, sage, and pine trees as you take a deep breath. You can hear a stream trickling nearby and the gentle creak of your chair on the porch. You taste warm homemade bread and take a sip of rich hot chocolate. Everything around you is peaceful and quiet.



Baseball scene

You are in the middle of a baseball game. You can hear your friends cheering your name as you take the bat and step up to home plate. When you look around, you see the bleachers packed with people and the glowing scoreboard that shows both teams are tied. You smell corndogs, popcorn, and freshly cut grass and feel the weight of the bat in your hands. You see the pitcher blowing a bubble with their chewing gum and throwing the ball. As if in slow motion, you feel your bat connect with the baseball and hear a loud TING as the ball flies over the field. You drop the bat and run to first base, then second, tasting a bit of dirt in your mouth as you dash to third base. You sprint to home base just as the pitcher throws the baseball to the catcher. You're safe — and your home run just won the game!

Questions for my doctor

Creating imagery

In the space below, create a relaxing scene with as much detail as possible.

Where are you? Is it warm or cool? Sunny or cloudy? Calm or windy? Day or night?

Describe what you're doing. Are you alone or with others? Are you moving quickly or slowly?

Describe all the things you see.

Describe all the things you hear.

Describe all the things you smell.

Creating imagery (continued)

Describe all the things you taste.

Describe all the things you feel.

Notes

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