

How to Do Guided Imagery

Guided imagery is a way to use your imagination to spend time in a calm, peaceful place.

Here's how to do it.

Start by taking a deep breath through your nose.

Breathe in slowly, and then let the air out completely through your mouth.

Now, do it again slowly.

Keep breathing like this—in through your nose and out through your mouth.

From your head to your toes, feel your whole body start to relax.

You can think of it as a feeling of warmth or light—spreading from your lungs to your neck and head, and then back down your arms to your fingertips, through your body and into your legs, all the way down to your toes.

Stay this way for a moment. Now close your eyes, if they aren't already, and imagine a quiet place that you love.

It could be a forest. A garden. A beach. A cozy house. On top of a building overlooking a brightly lit city.

As you imagine this place, try to use as many of your senses as you can. What are you seeing?

In your mind's eye, look at what lies in front of you. And with your eyes still closed, look to either side.

What do you see? Imagine all the things that you'd like to see in this place you've created in your mind.

What are you feeling on your skin? You might feel warmth, coolness, maybe even a tingling sensation.

What do you hear in this place of your imagination? Listen for a few breaths.

And with each breath, can you imagine what it might smell like wherever you find yourself?

Stay here for as long as you'd like. Let it become real for you.

When you're ready, wiggle your fingers and toes as your body wakes up.

Slowly blink your eyes open. Notice how you feel in your mind and throughout your body.

Let any feelings of calm and relaxation become a part of who you are.