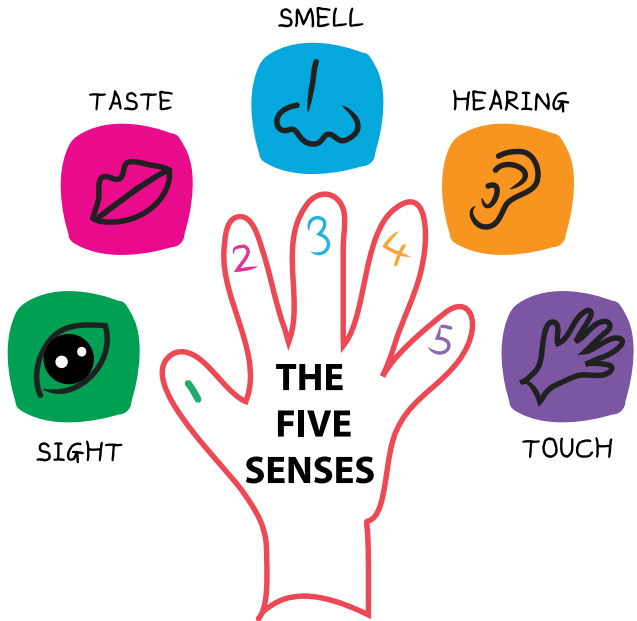


Guided Imagery

Guided Imagery is way to use your five senses (sight, smell, touch, taste and hearing) to help you relax. With this skill you can use your mind to help your body relax.

Guided Imagery Can Help

- Manage pain
- Lower anxiety
- Lower stress
- Help you concentrate
- Help you sleep better



Follow these Guided Imagery steps

1. Find a comfortable position (sit, stand or lay down on your back). Close your eyes if you want to.
2. Is there somewhere else you would rather be? Think of that place (home, beach, mountains, etc).
3. What do you see, smell, feel, hear or taste when you're in that place? The more you are able to think about being in that place the more you should be able to relax.
4. Keep thinking about the sights, smells, sounds, feeling and taste of that place until you are fully relaxed.

Guided Imagery Tips

- Breathing slowly can help you feel more comfortable.
- This can be done anywhere and there is no time limit.
- It will get easier with practice.
- Sound machines and music may help you.
- If you have uncomfortable feelings or thoughts, stop.

