

# Guided Imagery

Exercise Your Imagination With Guided Imagery

Step 1



## FIND A QUIET COMFORTABLE PLACE

where you can focus without distractions.

Step 2

**CLOSE YOUR EYES & BREATHE DEEPLY UNTIL YOU START TO FEEL MORE AT EASE.**



Step 3



## IMAGINE YOUR HAPPY PLACE

It can be a real or imaginary place where you feel calm and peaceful.

Step 4



## ADD THE DETAILS

What do you hear, feel, see, and smell?

Step 5



**HOLD ON TO THIS AWESOME FEELING**

Come back to this place whenever you need to relax.