

Guided Imagery

Guided imagery is a form of focused relaxation and meditation that helps create harmony between the mind and body. Guided imagery can provide a 'mental escape' for the person participating in it by using their imagination to create calm, peaceful images.



Guided imagery incorporates all of your senses:

- Hearing
- Smell
- Sight
- Touch
- Taste

A way of viewing ideas, experiences, goals, interpretations, and feelings.

Sometimes, the use of calming music or nature sounds are used when doing guided imagery.

May stimulate changes in bodily functions like:

- Heart Rate
- Blood Pressure
- Breathing Patterns

May help you tap into inner strengths to find hope, courage, and other qualities that help you cope with your present and future conditions.