

# 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.



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

Guided imagery incorporates all of your senses:

- Hearing
- Smell
- Sight
- Touch
- Taste

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.