



VISUAL IMAGERY

Definition: Forming pictures in the mind's eye.

Consistent practice of visual imagery:

- Calms the mind and relaxes the body
- Helps with stress management
- Promotes mood regulation
- Improves attention and focus

GUIDE

1) Choose your visual imagery scenario

- Static images (scenery, nature, objects, etc.)
- From memory or familiar surroundings

2) Relax your mind and body

- Slow down and breathe
- Be aware of your thoughts and let them go
- Alert relaxation

3) Begin the imagery exercise

- Visualize from a still first-person perspective
- Avoid movement in your imagery scenarios
- Instead, move your attention gently and slowly
- Try to stay focused

4) Make it a vivid experience

- Evoke memories
- Immerse yourself in the imagery exercise
- Notice the details of your mental pictures

5) Pay attention to your feelings

- Notice the feelings and sensations that arise during imagery
- Cultivate positive mental images

6) Close the loop

- Link your imagery practice to your everyday life
- Pause and take a few deep breaths when you feel stressed out or distracted
- Visualize the setting of a future event or how you get from one place to another
- Visualize goals and desired outcomes