

Relaxation by Visualization Exercise

This handout gives you the information you need to do the Relaxation by Visualization Exercise. You can do this exercise when you feel stressed or upset. When you do this exercise, you may see, smell or feel different things. It can take 5 minutes or up to 30 minutes to complete this exercise.

How to do this relaxation exercise

1. You can sit or lie down.
2. Close your eyes.
3. Pay attention to your breathing. Don't change your breathing. Breathe normally.
4. Think about every breath you take in and out.
5. Pay attention to how the air goes in through your nose, into your lungs, and goes out again
6. With every breath in think about good and positive energy flowing into your lungs
7. With every breath out, think about any negative feelings leaving your body.
8. Repeat this 5-10 times
9. When you feel you are relaxed, think about a situation or a place, that means rest, peace and calm to you
10. In your mind, walk around and enjoy the rest and peace you feel in this place.
11. Try to use all your senses to smell, taste, see and feel as many details as possible.
12. Focus on this picture and hold it in your mind.
13. Feel the emotions that come with this picture you have in your mind.
14. Feel your muscles become more relaxed. Pay attention to how your body reacts to the picture you have in your mind
15. Continue this exercise as long as you want to.
16. When you are ready to stop, begin to pay attention to where you are and the sounds in the room
17. Begin to move your body and stretch your muscles. Open your eyes.
18. You have finished this exercise.

Last reviewed: March 2019