

Guided Imagery

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Step 1: Setting Up Your Space

- o Choose a quiet place that makes you feel good. This can be outside or inside, such as your room.
 - o Find a comfortable spot to sit.
 - o Lighting is a personal preference. Consider natural light or dimming the light.
 - o The space can be personalized by photos or items that make you feel good and happy.
 - o Consider using candles or diffusers.
- Have a piece of paper and pen close by.

Step 2: Guided Imagery Activity

- o Write down a few thoughts that come to mind. How are you feeling at the moment?
- o Begin taking a few deep breaths. Inhale and exhale slowly.
- o Close your eyes and picture yourself in a place where you feel calm, peaceful and joyful. This can be the beach, mountains, your room...anywhere that brings you peace and joy.
- o Describe different sensations that you feel. What do you smell? Is the air warm or cool? What do you hear? What can you touch?
- o Think of a simple word that sums up your peaceful place so that you can come back to this place.
- o When you are ready, you will slowly come back to the present
- o Keep your eyes closed.
- o Tell yourself you will feel relaxed and calm when you open your eyes.
- o Take a deep breath and count to 3 as you breathe out. Now open your eyes.
- o Notice how you feel right now.
- o Jot down how you feel and reflect on these feelings.

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