

## Guided Imagery

Guided imagery is a relaxation technique that uses your imagination to calm your mind and body. It can support treatment for many health conditions and be practiced reducing stress and maintain mental well-being.

### Benefits of using guided imagery

Research shows that practicing guided imagery may offer comfort and relief to people with anxiety, depression, chronic pain, and treatment side effects, by:

- Reducing pain and nausea
- Lowering blood pressure and heart rate
- Improving sleep

### How to practice guided imagery

Guided imagery helps your mind and body relax by imagining a calm, peaceful place. Try these steps:

- 1. Get comfortable.** Find a quiet place where you won't be interrupted. Sit or lie down comfortably and close your eyes.
- 2. Breathe and relax.** Take slow, deep breaths. Notice your body softening and releasing tension.
- 3. Picture a calm place.** Imagine a setting where you feel safe and relaxed—like a beach, forest, mountains, or any soothing location.

**4. Use your senses.** Notice what you might experience in that place:

- Sight: Colors, light, movement
- Sound: Waves, wind, music, birds
- Smell: Flowers, ocean air, fresh air
- Touch: Sun on your skin, a breeze, sand or grass beneath you

**5. Stay with the image.** Spend 10–15 minutes focusing on the scene and how it makes you feel.

**6. Return slowly.** Take a few deep breaths, bring awareness back to your body, and open your eyes. Notice any sense of calm or renewed energy.

**For more mental health educational resources, visit [depressioncenter.org/toolkit](https://depressioncenter.org/toolkit).**

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This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.