



AND RELAX.....

Guided Breathing and Visualisation's to Help Children and Teens Relax

Dr Dawn Bradley Summit
Psychology Services

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[Course title]

What is Relaxation?

During a relaxation [exercise](#) (such as [progressive muscle relaxation](#), [visualization](#), meditation, or another [relaxation technique](#)) muscle tension decreases, blood pressure goes down, the mind becomes calm, and the harmful effects of prolonged [stress](#) are counteracted.



The "relaxation response" is the opposite of the stress response.

The [stress response](#) is also known as the fight-or-flight response. [According to](#) Herbert Benson, in his book "The Relaxation Response," we evoke the fight-or-flight response all the time, but "modern society does not socially accept the fighting or [running](#) naturally associated with it."

This means that we are not appropriately using the fight-or-flight response for survival. We can't use the response as intended - imagine what would happen if you encountered a stressful situation, such as an argument at work, and responded by physically fighting or running away? That does not work very well.

The sympathetic nervous system is activated when we are in fight-or-flight mode. Over time this can have all kinds of [negative](#) effects (which are the [symptoms of stress](#)).

Benson says, "there is another response that leads to a quieting of the same nervous system." This other response is the **Relaxation Response**.

The [relaxation response](#) is associated with physiological changes that are the opposite to the changes seen with the fight-or-flight response. The relaxation response can be evoked using [relaxation techniques](#), such as autogenics, [progressive](#) muscle relaxation, and meditation.

Regularly inducing the relaxation response is most effective in improving day to day living, and results in increased control over the body's responses to stress.

According to Benson, meditation results in changes in oxygen consumption, brain [waves](#), lactate levels, etc - all indicating lowered activity of the sympathetic nervous system. The heart rate decreases by an average of 3 beats per minute and the respiration rate decreases. A restful state is achieved.

During meditation or other [relaxation techniques](#), the subject may not actually feel much different or notice any changes. The physiological changes are occurring,

nonetheless. This means that whether or not you notice any changes at the time, by doing relaxation techniques you get all of the physical and psychological benefits of the relaxation response and are protected against the harmful effects of stress.

What is Relaxation Therapy?

When the average person is awake, many thoughts are going through his or her mind. The waking mind is very active.

During sleep, the mind can remain active, though the rhythm is slower than that of the mind when awake. Have you ever slept for a full night, but awoke still feeling tired? When the mind is active, sleep is not always restful.

The aim of relaxation therapy is to quiet the mind; to allow thoughts to flow in a smooth, level rhythm, and induce the relaxation response. This mental quiet allows for rest and rejuvenation that does not always occur, even during sleep.

Relaxation therapy does not attempt to empty the mind, since it is not possible to think of nothing. In relaxation, we focus the mind, and relax both mind and body.

Tips to Optimize Your Success with Relaxation:

1. Adopt a **passive attitude**. Approach relaxation with a "let it be" perspective. Don't try to make anything happen.
2. Relax in a **quiet environment** with few distractions. As you become more familiar with relaxation and practiced in various techniques, you will learn to relax anywhere. To begin, however, choose an environment that is free of distractions.
3. Make sure you are in a setting that does not require your outside attention (**keep yourself safe**).
4. **Make yourself comfortable**. Position yourself on chair with neck and back support, a firm bed, or a comfortable mat on the floor. Make sure the room is warm, not too hot or too cool. Choose a comfortable position that you can maintain for at least 10 minutes.
5. **Start with short relaxation sessions**, about 5 minutes. With more experience, achieving relaxation will become easier and you will be able to relax for longer periods of time. With practice, 20 or 30 minutes is quite reasonable, and you may wish to relax for even longer sessions.
6. Relaxation is a skill that must be learned. **Practice often** - every day is best!
7. **Set aside time to relax each day**. Some people prefer to relax right before bed to help fall asleep. Others relax first thing in the morning to start the day refreshed and revitalized. Consider if there are times in the day when your stress level is high,

or your energy is low. These can be ideal times to [schedule](#) in a brief relaxation session.

8. Keep experimenting! No one method of relaxation will work for everyone. It is important to try out different [strategies](#) to see which ones meet your needs. There is no right or wrong way to relax. Try our [quiz](#) to find out which techniques may work for you.

Some Relaxation Scripts

General

Get ready to relax. You can sit in a chair or lie down on a bed.

Close your eyes and take a deep breath in.... now **breathe** out.

Breathe in.... and breathe out.

Keep breathing slowly like this. Feel how it relaxes you to breathe deeply.

Now squeeze your hands closed into fists. Pretend that you are squeezing a ball in each hand... gripping tighter.... squeeze even tighter.... Right now, your **muscles** are tense.

And now relax. Let your hands go limp. Now your hands feel relaxed. See how relaxed your hands feel. See how tense feels different from relaxed. Relaxation is a way to make your whole body feel relaxed like your hands are now.

One way to relax your body is by breathing deeply. Imagine that your body is like a balloon. When you breathe in, feel your chest and sides expanding, like a balloon filling with air. When you breathe out, imagine your body is like a balloon shrinking with the air being let out.

Breathe in like a balloon being blown up. Now breathe out, like the air is being let out of a balloon. Let the air out by blowing the air through your mouth.

Breathe in through your nose, imagining your body expanding like a balloon.... and now imagine letting the end of the balloon go, and the air rushing out as you breathe out through your mouth.

As you breathe in this time, raise your arms above your head. When you breathe out, lower your arms.

Breathe in. Reach your hands above your head, stretching high up... stretching.... and now lower your arms to your sides and relax. Breathe out.

Raise your arms and breathe in.... lower your arms and breathe out....

Raise your arms and breathe in.... lower your arms and breathe out....

Now relax and keep your arms at your sides, while you continue breathing slowly and deeply.

Remember the difference between tense and relaxed. Tighten your leg muscles to make both of your legs tense. Squeeze tighter.... tighter... and now relax.

Let your legs become very relaxed. Each leg is as floppy as a piece of string.

Your legs feel heavy. The muscles are loose.

Now tense your arms. Make the muscles very tight and tense. Tighter.... and now relax. Your arms are relaxed, limp and loose as pieces of string.

See how it feels to be relaxed. Your legs and arms are relaxed.

Now let your whole body become relaxed. See how relaxed you can make your body.... loosening every muscle.... no tension at all....

Your body feels heavy and relaxed.

Relax even more by noticing your breathing again. See how calm your breathing is. In.... and out.... in.... and out...

Keep breathing and simply relax. There is nothing you need to do right now except relax quietly.

(pause)

See how calm and relaxed you feel. It feels good to relax.

Your relaxation time is finished now, and it is time to return to your usual activities. Keep your eyes closed for a little longer while you wake up your body and your mind by wiggling your fingers and toes.... moving your arms and legs....

Sit still now for a moment and open your eyes to look around the room.

When you are ready, get up and return to your usual activities, feeling awake, but still feeling relaxed and calm.

Breathing Relaxation

Let's relax right now. First, let your body relax a bit. Reach up, high above your head, **stretching** your arms... stretching your body very tall. Now let your arms relax. Place them at your sides, loosely.

Do the same thing again, but this time, breathe in as you reach up. **Stretch**.... and now breathe out as you relax and place your arms at your sides.

One more stretch, arms up, breathing in... and relax, arms down, breathing out.

Just sit now, letting your arms rest at your sides.

See how your breathing can relax you by taking slow, deep breaths. Breathe in.... hold your breath.... and now breathe out, slowly. Breathe in.... and out.

Keep breathing deeply and slowly.

Continue the breathing relaxation for children.

Place one hand on your chest and one hand on your stomach. Feel both of your hands moving up and out as you breathe in... and down as you breathe out. Feel your hands moving with your chest and stomach, gently moving in and out with each breath.

(pause)

Now rest your hands at your sides as you notice the ways you can breathe. Continue the breathing relaxation for children.

Imagine that there is a candle in front of you. You can even hold up one finger in front of your mouth and pretend it is a candle, if you like. As you breathe out, blow the air out through your mouth very slowly. Feel the air on your finger. Imagine that you are blowing enough air to make the flame of the candle flicker, but not enough to blow it out. You will need to blow very softly.

When you breathe in, imagine that the flame of the candle flickers and leans toward you. As you breathe out, the flame flickers and leans away.

Imagine the flame of the candle moving in and out with each breath you take. Continue the breathing relaxation for children.

(pause)

Another way your breathing can relax you is to breathe like different animals. Do you know how a dog pants? Breathe in.... and now as you breathe out, pant, ha ha ha ha ha ha ha. Breathe in.... pant, ha ha ha ha ha. Breathe in... pant.

Imagine that you are like a cat purring. Breathe in... and as you breathe out, purr. Breathe in.... purr. Breathe in... purr.

Now as you breathe, you can sigh, and relax. Breathe in.... and sigh as you breathe out. Breathe in.... sigh. Breathe in.... sigh.

Just relax now for a moment, feeling your body relax. Your arms and legs are very loose and relaxed. Continue the breathing relaxation for children.

Now you can imagine that your body is like a balloon **filling** up as you breathe in and emptying as you breathe out. Let your ribs expand out to the sides, like a balloon, expanding... and then let the air out, like a balloon that is emptying. The balloon expands.... and then the air goes out.

You can even imagine that you are blowing up a balloon. Imagine that you breathe air into **your lungs**, and then when you breathe out through your mouth, imagine that you are blowing up a balloon. Each breath you blow out makes the balloon get even bigger. Imagine filling the balloon as it gets bigger and bigger with each breath out. Breathe in... and then blow up the balloon even more. Bigger... bigger.... bigger.

Imagine letting go of the balloon, so it **flies** around the room as the air escapes. Feel your body relaxing just like a limp, empty balloon. Continue the breathing relaxation for children.

And now, see how slowly you can breathe out. First breathe in.... and now breathe out very slowly... out... out.... out. When you can't breathe out any more air, breathe in again, and then very slowly breathe out.

For the next few moments, just relax, resting. It feels good to relax. Enjoy this calm feeling.

(pause)

Now you are finished this breathing relaxation for children. Stretch your **muscles** if you want to, and let your body wake up. When you are totally awake, you can **get back** to the rest of your day.

Creative Relaxation

Begin by placing a blank sheet of paper and a box of coloured pencils on a clean tabletop. Play music that you find relaxing, calming, or energising. The type of music you select is up to you.

Sit down at [the table](#). Place your hands, palms down, on the tabletop. Close your eyes and take a deep breath in.... and now exhale slowly, releasing the tension in your body.

[Picture](#) the tension in your body and the stressful thoughts in your mind. If this stress were a colour, what colour might it be?

Open your eyes, and select the colour, or colours, of your stress from the box of coloured pencils.

Allow the creative expression relaxation to begin as you place the tip of the pencil anywhere on the paper and begin to move your hand and arm. Scribble out the tension. Scribble away the stress. It doesn't matter what the scribble looks like. Allow the lines and shapes you are drawing to represent your stress and tension.

Feel the movement of your arm releasing the stress and tension onto the paper. Feel the tension in your body moving down your upper arm, lower arm, wrist, and hand... through your fingers, and into the pencil. The stress and tension in your day are held inside the pencil, and as the pencil contacts the paper, the tension, stress, and worries are left behind on the page.

Keep moving the pencil across the page. You may choose to change colours or use more than one pencil at the same time. You may want to draw with both hands. Keep moving. Keep filling the paper with marks, shapes and lines.

Feel the tension draining from your body and out onto the paper.

Continue this [exercise](#) until you feel like some of the tension has left your body, or until what you see on the paper to represent your stress is complete.

When you are finished drawing your stress, turn over the paper.

Now imagine that on the top of your head is a string, holding you gently upright. Imagine the string tightening, lengthening your spine until your back is straight. Feel your shoulders lowering slightly as the [muscles](#) in your neck and back become smooth and relaxed. Keep your posture upright and straight, but not rigid. Maintain the natural curves in your spine.

Breathe in again, drawing in a deep, relaxing breath....

Breathe out tension....

Breathe in relaxation....

And breathe out tension....

Allow each part of your body to relax. Picture the feeling of relaxation rising from your feet, all the way to your head. Allow your feet to relax. Feel your legs becoming warm and heavy. Relax your hips, stomach, back, and chest. Relax your arms and shoulders. Relax your neck. Relax your face and head.

Breathe in relaxation....

breathe out tension....

Breathe in, I am calm....

Exhale, I am relaxed....

I am calm....

I am relaxed....

Picture this feeling of calm and relaxation in your mind. If this tranquillity were a colour, what colour might it be?

Select the colour or colours that represent this serenity.

Allow the pencil you have chosen to contact the paper. Feel the creative expression of relaxation flowing throughout your body. Begin to move the pencil in a gentle, calm rhythm. Use the movement of drawing, and the feel of drawing to express the relaxation.

As the relaxation flows across the page, notice that your mind is becoming tranquil and relaxed. Focus on the movement of your body. Notice the tip of the pencil moving along the paper smoothly. See the calm markings left on the page. Feel the creative expression relaxation flowing through your body and your mind.

Allow yourself to be totally focused on and absorbed in the creative process. Create a picture of the expression of relaxation. Feel the relaxation as you see the relaxation developing on the page.

Feel tension flowing out through the pencil, and relaxation flowing in with each movement of the pencil on paper. As your drawing grows, the feeling of relaxation increases.

Enjoy your creativity. Enjoy your creative expression relaxation.

Allow your creative expression and relaxation to flow.

Draw or scribble freely. Allow your body to move calmly, unrestricted, as you experience the relaxation of creativity. Free yourself from expectations about the work you are creating. It doesn't matter what it looks like. Appreciate the process. Experience creativity. Allow your creative expression relaxation and revitalization.

Breathe in relaxation...

Breathe out tension...

Breathe in relaxation...

Draw away tension...

Draw in relaxation...

Draw out relaxation...

Draw in relaxation...

Draw relaxation...

Draw relaxation...

Continue to draw for as long as you wish. Enjoy the feeling of creative expression and relaxation.

Stretch and Relax

In this stretch and relax script, we will begin with the most important key areas to release tension, and then proceed to stretch [muscle groups](#) from the feet upward. Take a deep breath in.... hold.... and breathe out, releasing tension. Continue to breathe rhythmically throughout these exercises.

The first key area to stretch and relax is the neck and shoulders.

Turn your head to [the right](#) - gently looking over your right shoulder

Breathe in.... and out....

Now return to centre.

Turn your head to the left.... Breathe in as you look over your left shoulder.... and out as you return to centre.

Turn again to the right.... now back to centre.... and turn to the left.... and back to centre.

Take a deep breath in.

Facing straight ahead, exhale as you look down.... bringing your chin toward your chest.... down... down... allow the muscles on the back of your neck to lengthen.... allow your head to hang forward, gently stretching the muscles.... breathing slowly in and out....

Now raise your chin and look straight ahead again.

Breathe in as you look up.... up.... raise your chin up as you gaze toward the ceiling.... as you exhale, feel the muscles along the front of your neck lengthen in a pleasant stretch and relax.

Relax your head backward and continue to look toward the sky. Breathe in and out. Stretch and relax.

Now return your head to a neutral position, facing forward.

Breathe in...

Look down one more time. Exhale as you allow the weight of your head to gently stretch the muscles of your neck as you relax your head forward.... No force is needed to assume this position.... just relax into this position of looking down with your chin toward your chest... continue breathing gently as you feel your neck muscles relaxing further.... no longer able to remain tightened or tense....

Return to neutral, facing forward....

And now inhale as you look up again.... relax your head back.... feel the length of your neck, stretching out your muscles gently. Exhale.

Return to neutral.

Inhale bring your shoulders up toward your ears. Raise them up high.... and then lower your shoulders as you exhale.

Raise your shoulders again in a shrug.... and lower them, allowing the muscles down the sides of your neck and the top of your shoulders to lengthen and give up the tension they were holding.

Roll your shoulders in forward circles.... rotate.... rotate.... rotate.... and now change directions... circle your shoulders back.... rotate.... rotate.... rotate your shoulders.

Rest your shoulders now. Feel how much more relaxed your shoulders feel.

Now breathe in through your mouth as you stretch your jaw by opening your mouth wide.... as wide as you can... feel the muscles stretching.... exhale and relax.... close your mouth but let your jaw drop slightly so your teeth are not touching.... let your jaw be loose and relaxed.

The last key area to stretch and relax to relieve tension is your hands. Clench your hands into tight fists... hold.... and relax. Let your hands be limp.

Now open your hands wide... wider.... stretching your fingers out wide.... bring your arms forward and out to the sides, raising them above your head. Breathe in... and now breathe out as you relax your arms and hands, releasing the tension and letting them go limp. Shake out the tension as you gently shake both arms.

You have now stretched out the main areas where tension tends to accumulate. Proceed to stretch and relax further, moving from the feet upwards.

Breathe in... and out....

Continue slow, gentle breathing.

Point your right toes, feeling the calf muscle tighten, and the front of your shin stretching. Now place your heel [on the floor](#) and bring your right foot toward your right shin to stretch the back of the lower leg. To stretch even further, lean slightly forward at the hips and bend your left leg to bring your centre of gravity toward the floor. Feel the stretch up into your right hamstring.

Now release your right leg back to neutral and point your left toe. Stretch the muscles on the front of your left lower leg. Now put your left heel on the floor and point your left toes upward, stretching the back of the left lower leg. Lean forward a little, bending at the hips and right knee, to further stretch the calf and left hamstring.

Stretch and relax. Release your left leg to neutral.

Breathe in.... and out....

To stretch the thigh muscles, support yourself by placing your left hand on a wall, chair back, or other stable surface, and then bend your right knee and grasp your right foot in your hand. Feel the quadriceps on the front of your thigh stretching. Hold.... and now release. Slowly place your right foot back on the floor. Switch sides. Bend your left knee and grasp your left foot behind you in your hand. Stretch the front of the left thigh. Hold.... and release.

With both feet on the floor, shoulder width apart, and hands on your hips, breathe in. Now exhale as you lean gently left... only until you feel a slight stretch at your waist on the right side. Hold.... and now inhale and return to centre.

Now breathe out as you lean slightly to the right.... feel a gentle stretch on your left side. Hold.... and now inhale and release. Exhale.

Breathe in.... and out....

Now gently grasp your hands behind you, with your arms straight. Breathe in as you bring both hands toward the back, away from the body. Bring your shoulder blades in toward each other. Feel the space between your collarbones widening and stretching. Hold this.... stretch and relax and now let go. Breathe out. Shake it out. Shake both arms gently and feel them relax.

Breathe in... Gently and slowly curve your spine by leaning your head forward and down... breathe out as you tighten your abdominal muscles and feel your back making a slight C-shape. Now breathe in as you return to neutral. Feel the neutral S-curve of your spine. Exhale. Now inhale and look up toward the ceiling. Arch your back slightly - just a little - exaggerating the curve in your lower back a bit. Exhale and return to neutral.

Breathe in.... and out as you tighten your abdominal muscles again, curving your back forward.... and then relax. Breathe in.... and out. Return to neutral. Let your back be relaxed with its natural curves. Stretch and relax.

Take a breath as you reach your right arm up toward the ceiling, stretch high up, lengthening the entire right side of your body. Breathe out and relax. Return to neutral. Now inhale and reach your left hand up high, reaching for the ceiling, lengthening the left side of your body. Then exhale and return to neutral.

Breathe in.... and out....

Continue to breathe slowly and gently.

Bring your right arm across the front of your body, grasp your upper arm with your left hand, and gently stretch your right shoulder. Now relax. Bring your left arm

across, grasp the upper arm with your right hand, and stretch your left shoulder. Now relax. Shake both arms a bit and feel them relax further.

Breathe in.... Stretch both arms straight forward.... breathe out.... reach straight out to the sides at shoulder level.... inhale and reach forward again.... exhale and stretch your arms back out to the sides..... now inhale and reach up above your head.... stretch and relax as you exhale. Shake your arms out.

Scan your body for any areas of tension. Gently stretch and relax these areas or focus on relaxing them passively, just by thinking about releasing the tension.

Breathe in.... and exhale any remaining tension....

Breathe in.... and release tension as you breathe out....

Stretch your arms up above your head as you breathe in....

Relax as you breathe out....

Stretch up.... breathe in....

Relax.... breathe out....

Breathe in.... and out....

In.... and out....

Allow your whole body to feel relaxed.

Sensory Relaxation

To begin the sensory relaxation process, imagine that you are at the top of a stairway. At the bottom of the stairway is a state of peace, calm, and relaxation. Notice how you are feeling right now, at the top of the stairway.

Begin to descend the stairway, going down toward relaxation.... down and down to a state of calm and relaxation.

Picture yourself going slowly down the stairway, **one step at a time**. It is a comfortable, safe descent to a place of relaxation. Move down step by step, at your own pace, becoming more and more relaxed with each step.

You might even become a bit sleepy as you get closer and closer to relaxation. That's okay. Allow your mind to drift and your body to relax, heavy and comfortable.

Moving down the stairway, down, down... almost to the bottom now.... when you reach the bottom, you will be pleasantly relaxed.

Now that you are experiencing a feeling of relaxation, create a mental picture in your mind of these relaxing visual images.

Imagine looking at an entire field of **flowers** from a great distance. See the flowers growing all the way to the horizon, as far as you can see. Focus in closer and closer until you can focus on several blossoms at arm's length.

Now imagine looking at one beautiful flower. See the colour of the flower in your mind. See the petals, the leaves, the stem. Imagine looking at the flower from very close up. See the minute details of the flower including any texture in the petals, drops of water, grains of pollen.

Create a new visual image in your mind now... imagine that you are looking at a **piece of** crystal. As the light shines on the crystal, a rainbow of colours appears. The crystal itself is transparent but becomes bathed in a variety of colours as light is transformed on its surfaces and within the crystal. See the shining colours... moving... ever changing.... flowing.... See the surfaces of the crystal and the light shining upon them and reflecting off them. Are the surfaces smooth or rough? Rounded? Sharp? Imagine this beautiful piece of crystal. Picture turning and moving the crystal to see the light play upon the crystal and radiate from it. Can you see through the crystal? What does that look like? Imagine looking at the colours, textures, and shape of the crystal.

Let's move on now to one of the other senses - hearing.

Can you imagine the sound of waves? Hear in your mind the sound of waves washing to shore.

What about the sounds of a park on a sunny day? You might hear birds singing, children playing, people talking, dogs barking, a splashing **fountain**.... Imagine the sounds of the breeze blowing at the park.... the sounds of a game of catch....

laughter... the rhythmic thud of a ball as it is caught in a glove, thrown, and caught in a glove again.... What other sounds might you hear at the park?

Now imagine a different sound. The sound of rain on a roof. Imagine the sound of the rain as each drop lands. You may hear the sound of a gentle rain, a few scattered drops. Or you may hear a harder rain, the constant tap taps taps of many drops landing together. Hear the sound of the rain.

Now let's imagine the sense of smell.

Can you imagine the scent of baking cookies?

Imagine the smell of baking bread.

The smell of a pine forest. Smell the pine trees... the soil.... the smell of the outdoors.

Imagine the smell of a rose. Imagine the smell of the rose so clearly, it is as if there is a rose right in front of you, and you have brought it close to your nose to inhale its sweet scent.

Now, move on to imagine the sense of taste.

Imagine placing a slice of lemon against your tongue... imagine the sour taste of the lemon if you were to bite into the slice.

Now imagine the taste of something sweet - a candy, a cookie.

Think of a food that you like.... now imagine taking a bite of this food. Taste the food.

Let's imagine now the sense of touch.

Picture an animal that you like - maybe a friendly dog, cat, or rabbit - with very soft fur. Imagine stroking the animal... feel the soft fur on the palm of your hand. Imagine moving your hand along the sleek fur.

Imagine now a tub of warm water that is big enough to place your feet in. Imagine placing your bare feet into the tub of water. The water is pleasantly hot. Feel the warm water on your feet, all the way up to your ankles.

Think of holding an object in your hands that is very soft... perhaps a sponge. Imagine squeezing the sponge.

Now think of an object that is hard.... like a stone. Imagine holding a hard, smooth, cool stone in your hands.

Think of touching something rough, like the bark of a tree. Imagine moving your hand along the tree bark and feeling the details of the rough surface.

Imagine wrapping up in a heavy blanket. Feel the blanket wrapped tightly around you... providing firm but gentle pressure all over your body. Very comfortable and heavy.

Let's move on to the last sensation now, the sensation of movement.

Imagine lying in a hammock that is gently swaying. Feel the slight movement from left.... to right.... left.... to right.... calming and repetitive movement.

Can you imagine the feeling of being on a rollercoaster? Imagine the feeling of accelerating forward, going up an incline.... slowing as you reach the top, going up the last bit, levelling off.... and rushing over the other side, accelerating very fast down, down, down.... reaching the bottom and rushing up the next hill and around a curve fast turns.... feel the movement of a rollercoaster ride.

Now imagine a different movement.... moving your body. Imagine running.... taking great strides as you almost fly along, running quickly, smoothly, and **easily**.... feel the movement of your **muscles**, your arms and legs.... feel each step....

Lastly, imagine how it would feel if you were able to fly. Imagine moving through the air, feel the movement as you glide, turn, move up, down.... fly through the sky.

This brief journey through the senses has allowed you to experience sensory relaxation. Now it is time to return to the present.... **get back** in touch with your environment. Imagine a staircase once again. You are at the bottom of the staircase right now. At the top of the staircase is a state of alertness, awareness, and calm. When you reach the top of the staircase, you will be fully awake and alert, ready to complete your usual daily activities, and maintaining a feeling of calm.

Proceed up the staircase, moving higher, higher, higher.... reaching the middle of the staircase, becoming more and more alert.... nearing the top.... a few more steps... take the last few steps up to the top of the staircase, reaching the top. Take a deep breath.... and exhale.... feeling calm and alert.

Visualisations

Beach

Let comfortable. Sit in a supportive chair or lie on your back.

Relax your body by releasing any areas of tension. Allow your arms to go limp... then your legs....

Feel your arms and legs becoming loose and relaxed...

Now relax your neck and back by relaxing your spine.... release the hold of your muscles all the way from your head, down your neck.... along each vertebra to the tip of your spine...

Breathe deeply into your diaphragm, drawing air fully into your lungs.... and release the air with a whooshing sound....

Breathe in again, slowly.... pause for a moment.... and breathe out....

Draw a deep breath in.... and out....

In..... out....

Become more and more relaxed with each breath....

Feel your body giving up all the tension.... becoming relaxed.... and calm.... peaceful....

Feel a wave of relaxation flow from the soles of your feet, to your ankles, lower legs, hips, pelvic area, abdomen, chest, back, hands, lower arms, elbows, upper arms, shoulders, neck, back of your head, face, and the top of your head....

Allow your entire body to rest heavily on the surface where you sit or lie. Now that your body is fully relaxed, allow the visualization relaxation to begin.

Imagine you are walking toward the ocean.... walking through a beautiful, tropical forest....

You can hear the waves up ahead.... you can smell the ocean spray.... the air is moist and warm.... feel a pleasant, cool breeze blowing through the trees....

You walk along a path.... coming closer to the sea....as you come to the edge of the trees, you see the brilliant aqua colour of the ocean ahead....

You walk out of the forest and onto a long stretch of white sand.... the sand is very soft powder.... imagine taking off your shoes, and walking through the hot, white sand toward the water....

The beach is wide and long....

Hear the waves crashing to [the shore](#)....

Smell the clean salt water and beach....

You gaze again toward the water.... it is a bright blue green....

See the waves washing up onto the sand.... and receding back toward the ocean.... washing up.... and flowing back down.... enjoy the ever-repeating rhythm of the waves...

Imagine yourself walking toward the water.... over the fine, hot sand.... you are feeling very hot....

As you approach the water, you can feel the mist from the ocean on your skin. You walk closer to the waves, and feel the sand becoming wet and firm....

A wave washes over the sand toward you.... and touches your toes before receding...

As you step forward, more waves wash over your feet... feel the cool water provide relief from the heat....

Walk further into the clear, clean water.... you can see the white sand under the water.... the water is a pleasant, relaxing temperature.... providing relief from the hot sun... cool but not cold....

You walk further into the water if you wish.... swim if you want to.... enjoy the ocean for a few [minutes](#).... allow the visualization relaxation to deepen.... more and more relaxed... enjoy the ocean....

Now you are feeling calm and refreshed...

You walk back out of the water and onto the beach...

Stroll along the beach at the water's edge.... free of worries... no stress... calm.... enjoying this [holiday](#)....

Up ahead is a comfortable lounge chair and towel, just for you...

Sit or lie down in the chair or [spread](#) the towel on the sand.... relax on the chair or towel.... enjoying the sun.... the breeze.... the waves....

You feel peaceful and relaxed.... allow all your stresses to melt away....

When you are ready to return from your [vacation](#), do so slowly....

Bring yourself back to your usual level of alertness and awareness....

Keep with you the feeling of calm and relaxation.... feeling ready to return to your day....

Open your eyes, stretch your muscles... and become fully alert... refreshed... and filled with energy.

Forest

Begin by finding a comfortable position sitting or lying down. Allow your body to begin to relax as you start to create a [picture](#) in your mind. Let the forest visualization begin.

Imagine yourself walking on a path through a forest. The path is soft beneath your shoes, a mixture of soil, fallen leaves, pine needles, and moss. As you walk, your body relaxes and your mind clears, more and more with each step you take.

Breathe in the fresh [mountain](#) air, filling your lungs completely. Now exhale. Breathe out all the air. Feeling refreshed.

Take another deep breath in... revitalizing.... and breathe out completely, letting your body relax further.

Continue to breathe slowly and deeply as you walk through the forest and continue the forest visualization.

The air is cool, but comfortable. Sun [filters](#) through the trees, making a moving dappled pattern on the ground before you.

Listen to the sounds of the forest.... Birds singing. A gentle breeze blowing. The leaves on the trees shift and sway in the soft wind.

Your body relaxes more and more as you walk. Count your steps and breathe in unison with your strides. Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5.

Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5.

Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5.

Continue to breathe like this, slowly and deeply, as you become more and more relaxed.

As you walk through the forest visualization, feel your [muscles](#) relaxing and lengthening. As your arms swing in rhythm with your walking, they become loose, relaxed, and limp.

Feel your back relaxing as your spine lengthens and the muscles relax. Feel the tension leaving your body as you admire the scenery around you.

Your legs and lower body relax as well, feeling free and relaxed.

As you continue to walk through the forest visualization, you begin to climb up a slight incline. You [easily](#) tread along smooth rocks on the path. Feeling at one with nature.

The breeze continues to blow through the treetops, but you are sheltered on the path, and the air around you is calm.

Small saplings grow at the sides of the path.

Around you are an immense array of greens. Some of the leaves on the trees are a delicate, light green. Some leaves are deep, dark, true forest green.

Many trees have needles that look very soft and very green. The forest floor is thick, green moss.

Tall trees grow on either side of the path. Picture the variety of trees around you. Some have smooth, white bark. Others are darker, with coarse, heavy bark, deeply grooved. Enjoy the colours of the bark on the trees - white, tan, brown, red, black... many combinations of colour. You admire the rough, brown bark of pine trees and enjoy the fresh pine scent.

Smell the forest around you. The air is fresh, and filled with the scent of trees, soil, and mountain streams.

Continue the forest visualization...

You can hear the sound of water faintly in the distance. The gentle burbling sound of a creek.

As you continue to walk through the forest, you are gaining elevation and getting closer to the sound of a running stream.

Continue to enjoy the forest around you. Enjoy the forest visualization.

As you near the top of the mountain, you hear the stream, very close now. The path curves up ahead. You can see sunlight [streaming](#) onto the path.

As you round the corner, you hear the water, and see a clearing in the trees up ahead. A beautiful look out point awaits.

You are growing tired from your journey. Your body feels pleasantly tired and heavy.

Imagine yourself walking toward the clearing and the stream. Stepping stones make an easy path across the stream and toward the edge of the mountain. Step on each large flat stone to easily cross the small, shallow stream.

Up ahead is a large, smooth rock... like a chair waiting for you to rest. The rock is placed perfectly, high up on this beautiful vantage point.

Sit or lie down on the rock if you wish. It is very comfortable. You feel very comfortable and at ease. The sun shines down on you.

Looking around, you see mountains in the distance. Faint and blue.

You can look down from your vantage point into a valley with trees and a brilliant blue lake. Across from you is another mountain.

The clearing around you is made up of rocks, soil, pine needles, moss, and grass. The grass and mountain wildflowers around you blow gently in the breeze. A deer quietly emerges from the edge of the forest to graze in the clearing. As the deer raises its head to look at you, you can see its nostrils moving to catch your scent. The deer cautiously walks to the stream to drink before disappearing back into the forest.

Squirrels dart in and out of sight as they romp through the trees, and race across the clearing.

Feel the sun warming your body as you relax on the rock. Enjoy the majestic landscape around you and feel your body relaxing even more.

Your body becomes very warm, and very heavy.

Continue to breathe the clean, fresh air.

You feel so relaxed.

Calm.

At peace.

In unity with nature around you.

Enjoy the sights.... sounds....and smells of the forest around you.

Feel the sun, warm on your skin.

Feel the gentle breeze blow across your cheek.

Listen to the birds singing.

Hear the stream flowing. The leaves rustling in the breeze. Squirrels chattering.

See the flowers, trees, valley, and mountains around you.

Lay back on the comfortable rock, and you can look up to see the [blue sky](#). Small white [clouds](#) float gently across the sky. Watch them drift slowly by. Shapes ever changing.

Enjoy this peaceful place.

(pause...)

When you are ready to leave this peaceful place, slowly begin to reawaken your body.

Know that you can return to this forest visualization in your imagination whenever you like.

As you reawaken, keep with you the feeling of calm, peace, and relaxation.

Wiggle your fingers and toes to wake up your muscles.

Shrug your shoulders. Stretch if you want to.

When you are ready, open your eyes and return to full wakefulness, feeling alert and refreshed.

Candle

To begin the candle visualization relaxation, find a comfortable position. Take note of how your body feels. Take a deep breath in, and as you exhale, notice where your body feels the tensest.

Focus on these areas as you take another breath.

Allow the tension to flow away as you breathe out.

Inhale as you raise your shoulders... then relax as you exhale and lower your shoulders into a comfortable position.

Continue to breathe smoothly and gently as you continue the candle visualization relaxation.

As you rest peacefully, begin to form an image in your mind. Imagine that you are in a safe, comfortable room. The room is pleasantly dark.

Imagine the glow of a candle beside you. Keep your attention facing forward as you notice the gentle flickers of warm light on the wall in front of you. See the dancing light from the candle.

Feel yourself relaxing as you watch the beautiful patterns made by the light of the candle.

You might want to turn to look at the candle. If you wish, turn in your imagination toward the candle.

Picture the candle in front of you and see the soft light it creates.

Notice the flame gently moving as the candle burns.

Imagine what the candle looks like. What shape is it? What colour? What size? Create a picture of the candle in your mind.

Imagine that the candle gently melts away the stresses and tension you have been holding in your body. As the candle burns, feel the tension easing, and relaxation flowing through your body.

Notice the wax becoming softer. Feel your body also becoming softer.

Notice again the soft flame at the top of the candle. See how it flickers slightly in response to your breath as you exhale. Watch how the flame responds each time you breathe.

Now turn your attention back to the wax of the candle. The softening wax is melting, turning to liquid. Warm and flowing.... free from tension....

See the wax of the candle melting.... melting the way your tension is melting away.

As the melted wax builds, see it slowly overflow, and pour down the side of the candle, drop by drop.

It feels like any stresses you were holding on to are dripping away with each drop of wax from the candle. The soft flame of relaxation warms you from the inside, melting away all stress.

Watch the wax melting.... feeling the same effects on the tension in your body. Melting.... relaxing.

Continue to observe the burning candle, enjoying the relaxation you are experiencing.

When you are ready to finish your relaxation session, take a deep breath.... and exhale through your mouth, blowing out the candle.

Slowly bring your awareness back to the present.

Become more aware of the time and place you are in today.

Slowly stretch your muscles.... and open your eyes... enjoying the feeling of calm and peace that remains with you.

Colours

To begin, make yourself comfortable. Adjust your [clothing](#) as needed and assume a comfortable position.

First, before the calming colour relaxation begins, notice how your body feels in this moment.

Passively pay attention to the state of your body right now. Do not try to change anything, simply notice how your body and mind feel.

Feel your body begin to relax slightly, as your shoulders drop a little lower.... your jaw loosens so your teeth are not touching.... and your eyelids start to feel heavy.

Take a deep breath in.... hold it.... and slowly breathe out....

Now just notice your breathing. Your body knows how much air you need. Notice with [interest](#) how your breath goes in and out. Feel the pause after you inhale and before you exhale.... and the pause before drawing another breath.

Allow your body to relax and your mind to focus on the calming colour relaxation.

Allow the relaxation to occur naturally.... allow and observe....

Create a [picture](#) in your mind of the colour red.

Imagine red of all shades....

You might picture red objects, a red landscape, or just a solid colour....

Imagine all the different tones of red.... roses.... bricks.... apples.... sunset....

Enjoy the colour red.

Now allow the colour you are imagining changing to orange. Picture the colour orange.... infinite shades of orange.... [flowers](#).... pumpkins carrots....

Fill the entire visual field of your mind's eye with the colour orange.

Enjoy the colour orange.

Visualize the colour yellow. See in your imagination all the various shades of yellow. Allow yellow to fill your [vision](#).... lemons.... flowers.... fall leaves...

Imagine the endless tones of the colour yellow. Imagine yourself surrounded with the calming colour yellow.... Immerse yourself....

Enjoy the colour yellow.

Let the colour you are imagining become green. Fill your imagination with the colour green. Endless shades and tones of green.... plants.... leaves.... grass....

Imagine being surrounded by beautiful green.... all shades from the lightest to the darkest, bright green.... subdued green...

Enjoy green.

Now see in your mind the colour blue. Surround yourself with beautiful blue.... Unending shades of blue.... water.... sky....

Imagine blue filling your vision....

Enjoy the colour blue.

Allow the colour in your imagination to become violet.... Focus on the multitude of purples around you.... flowers.... eggplant....sunrise....

Immerse yourself in the colour violet....

Enjoy violet.

Now allow your attention to return to your breathing.... notice how calm and regular your breathing is now....

Meditate on the calming colour relaxation once more....

Imagine the colours again, one at a time.... starting with red....

Orange....

Yellow....

Green....

Blue....

Violet....

Now picture whatever calming colour you wish. Do you have a favorite? Or a colour that suits your mood right now? Imagine whatever colours you like. Allow your mind to be relaxed, focused, and calm....

Enjoy the feeling of relaxation you are experiencing.....

Now it is time to return your attention to your regular activities....

Become more alert with each breath you take....

More aware of your surroundings....

Stretch your [muscles](#).... and open your eyes. Fully alert and calm.

Floating on a cloud

Find a relaxed position – lying down is best – and get comfortable.

First, relax your body. Starting at the top of your head, allow a feeling of relaxation to begin. Feel the relaxation grow with each breath you take.

Inhale... Relax your scalp and head.... exhale.... Let the tension go away even more....

Breathe in relaxation.... Feeling your face and ears relax... exhale all the tension.

Inhale.... Feeling your neck and shoulders relaxing.... As you exhale, let all the [muscles](#) of your neck and shoulders release their hold, relaxing fully....

Breathe in, feeling the relaxation continuing to your arms and hands... Breathe out the tension....

Breathe in relaxation.... Allowing your chest and upper back to relax.... release the tension as you exhale.

Inhale, feeling the relaxation flowing through your middle back and your stomach.... Release the muscles of your back and stomach as you breathe out....

As you take another breath, feel your lower back relaxing. Feel the tension leaving as you release the breath.

Breathe in, relaxing your hips and pelvic area... Breathe out, relaxing even further.

As you inhale, feel your upper legs relaxing... Let the muscles of your legs completely let go as you breathe out.

Take another breath drawing in relaxation, all the way down to your feet. Let your legs go limp as you exhale.

Continue to breathe in relaxation and breathe out tension.

Now you are feeling deeply relaxed. Deeply relaxed and calm...

Begin to create a [picture](#) in your mind. Imagine that you are floating on a soft, fluffy white cloud.

Feel the surface beneath you becoming softer... more cloud-like... Feel the cloud rising out of the surface you are on, surrounding you in it's protective support... soon you are floating on just the cloud...

Let it rise a little further, taking you with it.... see the walls and ceiling around you disappearing as you float into the sunny sky.... Drifting on the cloud.

Feel the cloud beneath you. It is soft but supportive. Feel the cloud supporting your whole body.

Notice each place where your body is touching the cloud. Feel how soft and comfortable the cloud is. It is almost like floating in the air.

Notice how the cloud feels. It might be a little bit cool, and moist, like fog. Your body is warm, very warm and heavy, and sinking into the cloud. It is a wonderful feeling.

Start to create an image in your mind of where you are. You might be floating just barely above the ground. You can choose to float wherever you like. The sky above you are bright blue, sunny, and inviting. You are warm and comfortable, warmed by the sun's rays shining down peacefully.

There are some other [clouds in the sky](#), floating gently. See them lazily passing by, far above.

Your cloud can float wherever you choose. If you enjoy being high up, you can let your cloud rise into the sky. It is very safe. Very calming. Very relaxing. You are so relaxed. Floating on a cloud. Supported gently but firmly by your cloud. Surrounded by the cloud's protective embrace.

See the sights around you as you are floating on a cloud. Imagine the green grass below, gently blowing in the wind. The grass recedes further away as you rise into the sky. From here, the grass looks like a soft [carpet](#), the wind creating gentle waves in the grass as if it were water.

What else do you see? Perhaps some trees, their leaves whispering in the gentle breeze. You can gaze down on housetops, country roads, hills.

From this amazing vantage point, you can see around you 360 [degrees](#). The horizon stretches out in a complete circle around you.

Notice in the distance how the hills appear almost blue.... slightly hazy.

How does it feel to be floating on a cloud? Does it sway gently, like a boat on almost-smooth water? Does it drift in the breeze? Can you feel the movement as you gently float on the cloud? You feel so comfortable.... So relaxed.... Floating on a cloud....

(pause)

Continue floating on a cloud, enjoying the sights around you. Up here, the air is so clean.

Look up at the beautiful sky. The clouds that were high above you are much closer now. Some are so close you can almost touch them. Not quite.

Continue floating on a cloud, drifting, rising even higher if you wish.

The ground below you look like a patchwork quilt. Green grass. [Golden](#) fields. Yellow. Brown. Blue patches of water... rivers and lakes.

See the clouds around you. You are even able to look down on some clouds. See the shadows they make on the ground below. Can you see the shadow from your cloud? See how the shadow drifts silently across the ground below.

Relax and luxuriate in this beautiful scene, floating on a cloud. You are so close now to another cloud above you, that if you reach out, you can touch it. What would it feel like?

You can even rise higher still and pass right through the clouds above. Feel the mist on your cheeks as you rise through the clouds. Around you it is a glorious white, like fog... the sun shines through just enough that the white all around you glows vibrantly.

You rise higher still, suddenly coming through the clouds and into the open, dazzling sunlight shining on your face. The sky above is brilliant blue.

You can look down on the cloud you just passed, and see the white, fluffy peaks and valleys of this cloud below. It looks like perfect snow. Looking around below you, it is as if you are above a land of snow. The sun shines brightly.

Lay back on your cloud, floating... Relaxing.... Floating on a cloud.

Feel the cloud beneath you... Still supporting you smoothly and comfortably.

Take your cloud wherever you wish.... Higher, lower, side to side... Drift wherever you want to go.

Enjoy the sights around you, as you are flying wherever you wish....

(pause)

Continue floating on a cloud, relaxing... Imagine wherever it is you would like to go. Your cloud can take you there.

Maybe you want to float above the mountains, drifting above their rocky peaks.

Perhaps you would like to drift along the coast of the ocean, [watching](#) the waves crashing to shore.

Maybe you would like to float through the city, drifting in and out among buildings and watching the cars below.

You can travel anywhere you wish. You can look down on forests... the countryside... even your own home... Float wherever you like.

(pause)

Enjoy the sights around you. Enjoy floating on a cloud. You are so relaxed... so peaceful...

(pause)

Now it is time to return to your day. Let your cloud take you there. Feel your cloud flying through the sky, back to where you need to go. Let your cloud lower you down, back toward the ground. Float back to where you were when you started this visualization. Let the cloud meld with [the bed](#), chair, or whatever surface you are on. Feel the cloud slowly disappear as the real surface becomes more solid beneath you.

Notice now your surroundings. Gradually come back to the present. Feel the surface beneath you. Hear the sounds around you. Become more and more aware and alert. Continue to rest for a few moments longer but open your eyes and look around. See your surroundings.

Wiggle your fingers and toes, feeling your body reawaken. Shrug your shoulders. Move your arms and legs. Turn your head. When you are ready, you can return to your day, feeling refreshed and alert after your journey floating on a cloud.

Peaceful Place

The purpose of this peaceful place relaxation script is to relax your mind and guide you to imagine your own peaceful, safe place. This place will be an imaginary area that you can visualize to help calm and relax your mind when you are feeling stressed.

Begin by setting aside a few minutes so that you can relax without having anything else you need to focus on. Find a comfortable position.

For the next few moments, focus on calming your mind by focusing on your breathing. Allow your breathing to centre and relax you. Breathe in.... and out.

In..... out....

In.... Out....

Continue to breathe slowly and peacefully as you allow the tension to start to leave your body.

Release the areas of tension, feeling your muscles relax and become more comfortable with each breath.

Continue to let your breathing relax you....

Breathe in....2...3...4.... hold....2....3..... out...2...3....4..... 5

again....2....3....4....hold....2....3.... out...2...3....4.... 5

Continue to breathe slowly, gently, comfortably....

Let the rate of your breathing become gradually slower as your body relaxes.

Now begin to create a picture in your mind of a place where you can completely relax. Imagine what this place needs to be like for you to feel calm and relaxed.

Start with the physical layout of the place you are imagining.... where is this peaceful place? You might envision somewhere outdoors.... or indoors.... it may be a small place or large one.... create an image of this place.

(pause)

Now picture some more details about your peaceful place. Who is in this place? Are you alone? Or perhaps you are with someone else? Are there other people present? Animals? Birds? Imagine who is at your place, whether it is you only, or if you have company.

(pause)

Imagine even more detail about your surroundings. Focus now on the relaxing sounds around you in your peaceful place.

Now imagine any tastes and smells your place has to offer.

Imagine the sensations of touch... including the temperature, any breeze that may be present, the surface you are on.... imagine the details of this calming place in your mind.

Focus now on the sights of your place - colours, shapes.... objects.... plants.... water.... all the beautiful things that make your place enjoyable.

To add further detail to this relaxing scene, imagine yourself there. What would you be doing in this calming place? Perhaps you are just sitting, enjoying this place, relaxing. Maybe you imagine walking around.... or doing any other variety of activities.

Picture yourself in this peaceful place. Imagine a feeling of calm.... of peace.... a place where you have no worries, cares, or concerns.... a place where you can simply rejuvenate, relax, and enjoy just being.

(pause)

Enjoy your peaceful place for a few moments more. Memorize the sights, sounds, and sensations around you. Know that you can return to this place in your mind whenever you need a break. You can take a mental vacation to allow yourself to relax and regroup before returning to your regular roles.

In these last few moments of relaxation, create a picture in your mind that you will return to the next time you need a quick relaxation break. Picture yourself in your peaceful place. This moment you are imagining now, you can picture again the next time you need to relax.

When you are ready to return to your day, file the imaginary place in your mind, waiting for you the next time you need it.

Turn your attention back to the present. Notice your surroundings as your body and mind return to their usual level of alertness and wakefulness.

Keep with you the feeling of calm from your peaceful place as you return to your everyday life.

Meadow

This guided imagery relaxation script will [guide](#) you to imagine relaxing in a peaceful meadow.

Take a moment to relax your body. Get comfortable. Notice how your body feels and make some slight adjustments to increase your [comfort](#). Take a deep breath in. Hold it... and [breathe](#) out, [releasing](#) tension.

Breathe in again, and as you exhale, allow your body to relax slightly.

Continue to breathe slowly.... Deeply.

As you visualize the following scene, let your body and mind become more and more relaxed with each moment.

Imagine yourself walking outdoors.

You are walking through the trees.... small aspens, their leaves moving in a slight breeze.

The sun shines down warmly.

You walk toward a clearing in the trees. As you come closer to the clearing, you see that it is a meadow.

You walk out of the trees, into the meadow. Tall green grass blows gently....

You are probably feeling a bit tired.... It would be so nice to sit down in the grass.

Walk further into the meadow now.... Looking around.... Imagine the meadow in your mind's eye.... What does this peaceful meadow look like?

Find a place to sit. You might want to sit or lie down in the grass.... Perhaps you have a blanket with you that you can unroll over the soft grass and lie down.

Feel the breeze caress your skin as you sit or lie down in the sun.

It is a pleasant day... warm, but not hot.... Quiet and peaceful.

Notice the [sights](#) around you. The grass, whispering... See the mix of meadow grasses, clover, wildflowers around you.

Watch a small ladybug climb a blade of grass. Climbing up toward the top, pausing for a moment, and then flying away.

Imagine closing your eyes and listening to the sounds of the peaceful meadow. Hear [birds](#) singing... the breeze rustling the grass softly...

Feel the sun on your face. Imagine turning your face up toward the sky, eyes closed, enjoying the warmth of the sun.

Smell the grass.... the wildflowers... the smell of the sun on the earth....

Look around again to see the sights around you. Notice how the ground follows gentle contours of hills. See the [blue sky](#) above you... a few wispy [clouds](#) drifting slowly by.

See the trees at the edge of the meadow.

The meadow is lush and green, a haven for birds and animals. As you watch, a deer peers out through the trees, and emerges to graze at the edge of the meadow.

The deer raises its head to look at you, sniffing the breeze, and then turns, disappearing silently into the trees.

Rest and luxuriate in this peaceful meadow. Notice the sights, sounds, and smells around you. Feel the soft grass beneath you, the sun and breeze on your skin. Imagine all the details of this place.

(pause)

Now it is time to leave the peaceful meadow and return to the [present](#). Notice your surroundings. Feel the surface beneath you. Hear the sounds around you. Open your eyes to look around, re-orienting to the present.

Take a moment to stretch your [muscles](#) and allow your body to reawaken.

When you are ready, return to your usual activities, keeping with you a feeling of peace and calm.

Stars in the Sky

This starry sky relaxation is a guided imagery script that will describe relaxing at dusk and [watching](#) the stars appear in the [night sky](#).

Start by finding a comfortable position. As you settle in, direct your attention to your body. Notice how your body feels in this moment. Let your body begin to relax by releasing the areas of tension, such as your shoulders.... feel the tension slipping away as you lower your shoulders slightly and let the [muscles](#) give up their hold.

Take a deep breath in.... and as you exhale, let your body relax even more. Where is your body feeling the tensest? Focus your attention on this area as you take another breath in.... and feel this area relaxing as you breathe out.

Breathe in.... and out....

In.... out.....

Continue to take slow, deep breaths.

Where is your body the most relaxed? Notice how this area feels. Notice how the relaxation feels. See how you can let this relaxed feeling increase... growing.... relaxing.... feeling your whole body relax.... as if your muscles are melting.... softening.... relaxing.

As your body relaxes more and more, you can also relax your mind as you focus on the guided imagery to follow.

Imagine that you are outdoors at dusk. It is still light out, but the sun has set below the horizon.

It is a pleasant temperature, comfortable.... and you are in a safe, peaceful place in the country. Maybe you are on a farm, or in the mountains, or in the open prairie.... [picture](#) a place that feels calm, safe, and serene.... a place you would enjoy watching the starry sky at night.

Imagine the details of your surroundings. You are probably sitting in a chair or lying on a blanket. Your position allows you to admire the sky above.

See the grass on the ground around you. You might see some trees, or rocks.... or even just wide-open plains. Imagine this pleasant scene, and feel yourself relaxing, [simply](#) enjoying this solitude.

The sky is becoming gradually darker. The highest part of the sky is a deep indigo colour, becoming darker and darker as the moments pass. This colour blends into a lighter shade, almost green.... At the horizon, the sky is an interesting shade of pink, mixed with gray in the fading light.

It is very peaceful watching the sky darken. The air around you are still and calm. In the distance, you can hear crickets and frogs as they begin to sing.

The air is slightly cooler now, very pleasantly cool against your forehead and cheeks.

Looking at the horizon now, shapes such as distant trees or buildings are in silhouette. Your eyes are slowly adjusting to the decreasing light. As you gaze up at the sky above, it stretches from horizon to horizon like a vast dome. Straight up above, the sky is growing darker, and is nearly black.... fading to a lighter colour near the horizon in the west.

You can see the first stars appear.... first one star... and then another.... and another.... See them twinkle.... shining like tiny diamonds.

As you look at the darkening sky, you can see more and more stars.

Relax and enjoy the dusk.... watching night begin.

(pause)

The sky is even darker now. It has become a dark black, with only a slight hint of light at the horizon where the sun has set. The sky is so clear.... you see no [clouds](#) anywhere to obscure the starry sky.

More stars have appeared, until now the sky looks like it has been sprinkled by a saltshaker full of gleaming crystals of salt that are the stars. Some stars are bright, luminous.... others are tiny specs that you can barely see.

Simply enjoy relaxing under the starry sky.... enjoying this quiet retreat.

(pause)

Now the sky is jet black. Out here, away from city lights, the stars are amazingly bright. Have you ever seen so many stars? The sky is filled with so many stars, you would not even be able to count them.

See the constellations formed by stars... it is like hundreds of [connect the dots pictures](#) [spread](#) out before you. The starry sky is so huge.... so vast.... a beautiful glimmering blanket of stars stretching up in a complete circle around you from every horizon.

Admire the starry sky.... feeling very calm.... relaxed.... at peace....

(pause)

When you are ready to leave your imagined peaceful place, you can begin to reawaken your body and mind.

Feel your muscles reawakening as you take note of your surroundings.

Slowly return to the [present](#)....

Move your muscles by wiggling your fingers.... now open and close your hands a few times.

Wiggle your toes.... move your ankles....

Move your arms and legs....

Stretch if you want to.... feeling your body becoming fully awake.

Take a moment to sit quietly as you reawaken completely. Notice that you still feel calm and relaxed, though you are awake and alert.

When your mind and body are fully awake, you can resume your usual activities, feeling refreshed.

After a Nightmare

Let's begin the relaxation exercise. Perhaps you have just had a nightmare.... or maybe you are getting ready to sleep and want to fill your mind with peaceful images... or perhaps you have woken up in the night and want to get back to sleep. Maybe you just want to promote positive mental images to help you relax. Whatever the case may be, this relaxation to get rid of nightmares can help to create a peaceful mental state.

Positive images can help to get rid of nightmares.

This guided imagery will help get rid of nightmares and create a positive place in your mind. Positive visualization can create this place.

Imagine a place that is perfectly safe, and very comfortable. Imagine what this place would be like. Create an image in your mind of all the details of a safe, peaceful place.

With this image in mind, begin to relax your body. Fear creates tension, and to get rid of nightmares it is important to decrease this tension. Start by noticing where the tension is in your body. Pay close attention to your shoulders, neck, back, hands, and jaws. These are areas where tension tends to build up.

Once you have located the tension in your body, choose one area to relax first. Focus your attention on this area, and consciously allow the muscles to relax, and soften, becoming loose. Breathe, imagining that your breath brings relaxation to this area. Feel the tension leave as you breathe out.

Breathe in relaxation.... and breathe out tension. Keep breathing, letting your breaths be slow and regular.

Notice that the area you were focusing on is more relaxed than it was before. See how you have the ability to relax your muscles.

Feel your muscles relaxing further. Notice your jaws relaxing, becoming loose, your mouth resting comfortably with your teeth slightly apart. Feel your neck and shoulders relaxing, and your shoulders getting lower as the muscles give up their hold.

Allow your hands to relax, resting... open, loose, relaxed.

Feel your back relax. All the muscles become soft and loose.

To get rid of nightmares, let's create a positive image to focus on.

Imagine that you are at a luxurious resort where you are completely safe and cared for. Your room is spacious, sunny, and comfortable.

In this place, you have no worries. There is nothing you need to do. You are here just to relax and take time for yourself.

The room you are staying in is very luxurious. You have a large space with everything you need - kitchen, bathroom, bedroom, living room. Picture being in a large room that is just for relaxation and enjoyment. This room is your own private escape. Here is a warm pool, a soft, comfortable lounge chair, plants, and large windows. The sun streams through the windows, making the pool sparkle.

Take in this scene, imagining this lovely place. Though this room is indoors, the plants and pool create an almost outdoors feel. Through the windows you can see a beautiful view. Imagine where your resort is located. What do you see outside? Your resort can be anywhere you like... by the ocean, in the mountains, on a golf course, an oasis in the desert.... your resort can be anywhere you like. Imagine the picturesque view you would see out the windows.

The room is warm, with a soft breeze created by silent fans. Imagine yourself here, in this safe, luxurious, beautiful place. You may see yourself walking toward the pool or sitting in the lounge chair. Here you can do whatever you wish.

I'll pause for one minute. For the next minute, imagine the relaxing things you can do here, and create picture in your mind of you relaxing in this peaceful place.

(pause)

Now imagine resting on the lounge chair. Feel the sun shining down, as you become warm and relaxed. The chair is very soft, and as you recline, laying back and closing your eyes, you feel so at peace.

You are so comfortable here. Feel yourself sinking into the lounge chair, sinking deeper into relaxation.

Notice the peaceful thoughts that are filling your mind. See that by focusing on these thoughts, they become stronger... filling your consciousness with peace. The peaceful thoughts are very clear... increasing in clarity as you focus.

All other thoughts and concerns are far away right now. As you sleep, your mind can remain in this positive place. Feel yourself drifting off to sleep, filled with peaceful, pleasant thoughts. Beautiful, serene dreams occupy your consciousness.

Calm.... peace.... relaxed....

Thoughts that enter your awareness can pass lazily through your mind, like clouds drifting by.... you don't need to focus especially on any of them. You are so calm. Allow your thoughts to pass without dwelling on them. You can get rid of nightmares by allowing the negative images and thoughts to leave your mind, as they are replaced by images of the peaceful resort in your imagination.

Turn your attention again to the pool and lounge chair you imagined. See this peaceful place, just for you. Only pleasant thoughts remain here. This place is a retreat from all stresses and worries.

Any time worried thoughts arise, focus again on the resort. A luxurious, safe place where you can get away from the life's stresses, get rid of nightmares, and just relax. See all the details of this place. You can picture yourself enjoying the pool and sunroom... or having a warm bath in a jacuzzi tub. Perhaps you imagine getting into a large, soft, comfortable bed and having a nap. Your suite has a variety of things for you to enjoy, and is a place just for you, where you can relax.

Relax here.... resting.... enjoying this holiday. Fill your mind with happiness and peace.

(pause)

Now, if you want to, you can drift off to sleep. Ever so slowly drifting down into a pleasant, calm land of dreams.

Slipping deeper and deeper....

I'll count now from 1 to 5. When you reach 5 you will be fully relaxed and asleep.

1 ... becoming heavier, sleepy and relaxed.

2.... safe and warm, comfortably floating... drifting.... relaxed

3.... pleasant, peaceful, happy thoughts fill your mind

4.... so deeply relaxed

5.... drifting into deep sleep, filled with pleasant dreams.

Rewriting the end of a Nightmare

Before you begin, repeat this phrase: "If I have a nightmare I will remember that that the words I hear and the images I see and the physical sensations I feel cannot hurt me, and I will rewrite the end so it's a good dream." Remember that you will change your dream using lucid dreaming.

When you have a nightmare, it cannot hurt you. You will use lucid dreaming change your dream, so it ends in a good dream.

Let's begin the lucid dreaming exercise with passive progressive muscle relaxation. Once you relax your **muscles**, you can proceed with the lucid dreaming exercise. Start at your feet. Imagine a feeling of relaxation beginning in the tips of your toes...a pleasant, tingly feeling of heaviness and relaxation. Feel this relaxation as it continues...filling your feet and relaxing them completely.

Allow your ankles to relax...not making anything happen, just passively resting and allowing the relaxation to occur naturally...a feeling of heaviness...your feet and ankles are very still.

Feel the relaxation in your lower legs...becoming loose and relaxed...all the way to your knees. A pleasant, calm feeling of relaxation. Your legs are getting very heavy...feel the relaxation in your upper legs...so relaxed...so peaceful...giving up all the tension.

Relax your hips...letting your entire lower body become relaxed, heavy, and still.

Let your stomach relax...and your sides...relax your lower back...letting all the muscles become loose...giving up all the tension...

Relax your middle back...chest....and upper back...Feel your shoulder blades relax...letting go of tension...and feel your sides and entire ribcage feeling loose and relaxed.

Feel the relaxation in your fingertips...spreading to your hands...feeling so heavy...

Let your wrists relax...and feel your lower arms relaxing...allow your elbows to relax...and your upper arms...your arms feel so heavy.

Feel the relaxation filling your shoulders...heavy...loose...relaxed...lowering your shoulders into a comfortable position, free from tension.

Feel your neck relaxing...completely loose and relaxed...and allow your head to relax...relax your face...your chin....lips...nose...allow your cheeks to relax...and your eyes...relaxing your eyebrows...forehead...all the way to the top of your head.

Your entire body is relaxing now...becoming totally and deeply relaxed...so heavy...sinking...relaxing...peaceful...

Now let's start the lucid dreaming exercise. Imagine a scary scene...a nightmare...so you can [practice](#) rewriting the end of the story using lucid dreaming. Then you can use this ability to rewrite the end of your own nightmares whenever they occur. You can learn lucid dreaming and control the outcome of your dreams...to have peaceful, pleasant dreams. By learning lucid dreaming, you can learn to influence your dreams, to have happy dreams...pleasant dreams...get rid of nightmares.

Imagine this story...imagine you are in a place you cannot leave. You're thirsty, and frightened. Imagine how you would feel in this scene.

There may even be someone chasing you. You are feeling helpless and afraid...unable to run away...and then...

Imagine being given a pair of wings...or simply stretching out to fly...the muscle relaxation prepared you for flying...get ready to fly...

...You rise up into the sky...higher and higher...flying so fast...up and away...escaping the nightmare...escaping all danger...you are in control...

It feels wonderful to fly. You can fly so [easily](#)...

You need to cross a large body of water...the water is safety. Imagine being under water...crossing the water like a fish...or a mermaid...you are even breathing under the water...breathing in the beautiful water...it fills you with energy and calm...it is like breathing in pure relaxation...

Imagine what it looks like under water...a mystical place where everything is blue and beautiful...a place where no danger can possibly reach you...

Here in the water, you are perfectly safe...away from all danger...nothing dangerous can get to you here...see the beautiful blue water around you...you feel so at home here...this is like no water you have ever seen before...see the bubbles gently rising to the surface, stirred up by you flying through the water...

You are warm...comfortable...free...flying and breathing under water...

You are completely safe now and no one can chase you here.

The wings you were given are like a part of you...flying is so natural and easy...as if you were born to fly...imagine flying up...up...through the surface of the water...splashing out into the sunshine...into the [blue sky](#)...flying [in the sky](#)...

It is so easy to fly...so natural...no movement has ever been this easy...through the [clouds](#)...through the blue sky...

Imagine a peaceful person who finds you, and flies with you...escorting you to a special, safe place. This person could be a divine being, your best friend, or your favourite [teacher](#). This friend leads you across the landscape...though the

sky...imagine where this person takes you...to a peaceful place...the safest place...it is so beautiful. Imagine this dream land, this beautiful, peaceful place...

Your friend leads you to the softest place you have ever seen...maybe it's made of clouds...maybe you're in soft grass near a waterfall...imagine this place...complete serenity and peace...

Your friend can watch over you here...protecting you so you can sleep peacefully...giving you water to drink...you are no longer thirsty...no longer afraid...feeling happy...at peace...so comfortable...so tired...

Lie down in this safe place...finding the perfect place to sleep...

Your friend may talk to you...talking you down to sleep...

You are becoming so sleepy...so tired...

Your arms are feeling very warm and very heavy...feel the warmth in your hands...

Your feet are warming and relaxing...so warm...so heavy...feel your legs becoming very warm and heavy...

Your arms are so heavy...they are sinking into the soft surface you are on...complete comfort....

Your legs sink heavily down...so comfortable and relaxed...

Your arms and legs are so warm...getting even warmer...feeling even sleepier...

You feel so safe...so calm...so serene...sleepy...

Drifting...sinking...falling asleep...drifting off into pleasant sleep...pleasant dreams...happy dreams...so happy and peaceful...sleepy...relaxed...

Falling asleep...

Thoughts wandering...

Drifting deeper...

Deeper....

More and more deeply relaxed....

So peaceful and dreaming...

Drifting off to sleep....

Wildlife Sanctuary

Get ready to relax your body and your mind. Settle into a comfortable position and begin to turn your attention inward.

Notice how you are feeling right now... mentally.... physically. Without trying to change anything, simply take note of how your body feels.... and notice how you are feeling mentally.

Mentally scan your body now, looking for areas of tension. Where is your body the tensest?

Notice now where your body is most relaxed. See that these areas of relaxation are slowly getting larger....

Now turn your awareness to your breathing. Simply notice your breathing, without making any effort to change your breathing in any way.

Imagine breathing in relaxation.... and breathing out tension.

Feel yourself becoming more relaxed with each breath.

Focus in on areas of tension in your body and imagine directing your breath to these areas. Feel the breath in drawing in relaxation.... and as you exhale, imagine the tension draining away from each area of tension. Allow your breathing to relax your body.

Feel your body and mind becoming relaxed.... calm.... peaceful.

Deeply relaxed and calm.

Imagine that you are walking along a path... entering a wildlife sanctuary. This wildlife sanctuary is a preserved nature area... maybe in the wilderness, or perhaps in the middle of a city.

The path is paved... just wide enough for walking. Enter the wildlife sanctuary, walking along the path. Wild grass grows beside the path, and there are trees on both sides.

Birds are singing off in the distance.

It is a beautiful, sunny day. The air is pleasant and warm, a slight breeze making it even more comfortable. Feel the sun shining down on you... warming and relaxing your body.

Take a deep breath, enjoying the fresh air. Breathe out, feeling invigorated.

Take another deep breath in.... and out...

Continue to breathe the fresh, clean air.

The path curves up ahead, continuing deeper into the beautiful wildlife sanctuary.

As you continue along the path, you admire the scene around you. Small trees grow near the path, their bark smooth and light coloured... small round leaves twisting gently in the breeze.

Further back from the path, larger trees grow. There is a variety of trees.

Wildflowers grow in the grass right next to the path.

As you round a curve in the path, you can see up ahead a clearing.... it is a pond, or a small lake.

You can see up ahead that the path continues next to the water.

As you walk toward the water, the sun shines down, birds sing, a breeze blows... it is so peaceful here. Such a beautiful day. You feel very content.

Continue to walk toward the pond, seeing the reeds growing among the grass near the water. As you approach the pond, you can hear even more birds singing. Getting closer to the water, you see the reeds getting thicker toward the water's edge and continuing around the shallow edges of the pool. The deeper water toward the centre is smooth.

See the ducks swimming.... leaving small wakes behind them... the water flowing out in a V shape as the birds slowly swim through the water.

As you continue along the path, you walk beside the pond, enjoying the sights and sounds of this wildlife sanctuary.

Up ahead, the paved trail [connects](#) with a wooden path, like a dock, that extends over the water and to a bird [watching](#) blind. This would be a wonderful place to sit.

Imagine yourself continuing along the paved trail, approaching the wooden path.

You can see more birds now, black birds with red wings darting in and out of the reeds. Geese. Loons. Sparrows. Chickadees.

A muskrat swims among the reeds, then dives under the water.

You are almost to the wooden path now. Step onto this path if you wish, walking above the reeds and the mud at the sides of the pond.... now over reeds and water. The blind is located right in the middle of the reeds, but above them, so you are directly among the birds.

The blind has wooden sides, with openings that you can look through, and inside this structure there are comfortable benches where you can relax. The sides go slightly higher than the top of your head, and the top of the blind is open to the sky.

Imagine sitting on a bench and closing your eyes for a moment to simply enjoy the sun and the peaceful sounds of the wildlife around you.

(Pause)

Look around now, at the beautiful scenery around you. The wildlife sanctuary is such a calm, serene treed area with this lake in the middle. Imagine peering through [the window](#) of the blind.... Look out over the water, admiring its stillness... reflecting the [blue sky](#) and a few small white [clouds](#). Across the water, in the distance are more trees... and beyond that, a grassy, green hill.

This scene makes a perfect [picture, with water](#), trees, hills, and sky....

Imagine looking out another opening in the blind, looking a different direction. Look out across the reeds.... along the edge of the pond. See as a deer emerges from the trees to drink from the pond, delicately stepping through the reeds to water. See the water dripping from its muzzle as the deer raises its head. The deer turns and disappears back into the trees.

Another muskrat swims by.

A colourful duck flies overhead and spreads its wings to descend and land in the water. Water sprays and splashes out to the sides of the duck as its feet skim the surface, before finally lowering its body, folding its wings, and swimming. Another duck follows, landing in the water to swim alongside the first one.

A small bird lands right on the top edge of the blind, and looks at you, chirping pleasantly. The bird stays for a few moments before flying off.

Relax in this peaceful wildlife sanctuary. You may want to imagine laying back and closing your eyes or continuing to look around. Imagine spending time however you wish, here in this peaceful place.

(Pause)

You are so relaxed and calm.

At peace.... content.

Relax for a few moments longer in this wildlife sanctuary.

You are feeling calm and relaxed, and you can return to this state whenever you need to in order to feel calm and at peace.

Keep with you this feeling of relaxation while you slowly return your awareness to the [present](#).

Keeping your eyes closed for a few moments longer, notice the surface you are on. Notice the feeling of your [clothing](#) against your skin.

Turn your attention to the sounds of your environment around you.

Feel your mind and body reawaken as your awareness of your surroundings increases.

Open your eyes, looking around you at your surroundings. Become fully aware of the environment around you.

When you have returned to your usual level of alertness, you can return to your day, feeling awake, calm, and relaxed.

Protective Light

Get comfortable, finding a relaxed position, and let your body begin to relax.

Take a deep breath in, and as you exhale, let the tension start to [leave your](#) body. Take slow, calm breaths.

Mentally scan your body, taking note of how your body feels. Focus in on the areas where tension is stored and concentrate on relaxing those areas.

Feel your body becoming more relaxed.... slowly [releasing](#) tension.... letting go of [stress](#)....

You will probably notice that you are relaxing more and more.... and you will continue to become even more relaxed as you begin to visualize a protective light.

Imagine that there is a protective light shining around your body... almost as if you are glowing. This light can keep you safe right now from stress, tension, worries, and other problems that have seemed to attack you.

[Picture](#) in your mind being surrounded by light. Feel how relaxed, calm, and [secure](#) you feel as this protective light surrounds you.

The light is like a shield, deflecting anything that is not good. It is like a spiritual armour that can protect you and help you to feel calm and relaxed.

Imagine being surrounded by protective light.... from your head to your feet....

Focus your attention on your feet.... feeling how relaxed and maybe even tingly your feet feel. Notice that your feet are surrounded by protective light.... as are your ankles.... let your ankles be loose and relaxed.

Feel your lower legs relaxing, surrounded by light.... soft.... heavy.... relaxed. Your upper legs are relaxed and surrounded by light too.... very warm and relaxed.

Turn your attention now to your hands.... feel the relaxation there as your hands become very relaxed.... limp.... heavy..... along with your wrists, lower arms.... and upper arms.... all surrounded and protected, shielded by protective light.

Feel the relaxation in the core of your body... starting at your stomach... and flowing outward.... feel the relaxation flowing from the centre of your body, out to your back.... chest.... hips.... feel the relaxation **filling** your body. Notice that your body is enclosed in a shield of light as well.

Allow the relaxation to continue to flow through your body, upward to your neck and shoulders.... all the way to the top of your head. Feel your face relaxing.... limp and relaxed.... calm and feel the protective light surrounding your head and face, your whole body....

You are surrounded from head to toe in protective light.... shielded from any worries or troubles.

Relax.... basking in protective light.

(pause)

Notice that there might still be some areas of tension in your body.... some worries remaining in your mind. You might even be able to picture these areas of tension as dark. See the dark tension being drawn out of your body by the protective light. Feel the worries and stress leaving your body and mind as they are leaving your body.

The protective light is like a magnet, drawing out the dark tension, out of your body and away... once the tension has left your body it is repelled by the light, which works as a shield, protecting you from anything that is not good.

The light also works as a magnet for good, peaceful thoughts.... attracting relaxation to you.

Feel the protective light drawing away tension, and bringing forth relaxation.... shielding and protecting you, while helping you to feel even more relaxed.

Enjoy this feeling of being safe and protected by your spiritual shield of protective light.

(pause)

You are so calm.... so relaxed.... peaceful.... relaxed.

(pause)

Now it is time to return to your day. Remember that you can imagine this protective light again, any time you need to, and can repel stress and tension and feel calm and relaxed.

Focus again on your breathing.... taking a deep breath in..... and out....

Now turn your attention to your body reawakening. Gently move your body a little, feeling your muscles waking up. Stretch a bit if you like.

Allow your mind to become fully awake and alert, while still feeling relaxed.

When you are ready, open your eyes.... fully awake, energized and calm.

Self Esteem Relaxation

Find a comfortable position sitting or lying down. Notice how you are feeling right now... physically and mentally.

Take a deep breath in through your nose and release the breath through your mouth.

Take another breath and allow your breathing to relax you as you exhale fully.

Breathe in gently... and as you breathe out, let the air carry the tension out of your body.

Continue to breathe slowly and gently as you begin to focus on relaxing your body.

Notice where your body is tense. Focus your attention on one of these areas. As you breathe, picture that part of your body becoming slightly more relaxed than it was before. With each breath, that part of your body becomes a little more relaxed.

Imagine what the relaxation feels like.... tingly.... soft.... gentle.... calm....loose....free... and let that feeling of relaxation grow.

Scan your body for any areas of tension, and for each area, let the relaxation soften the muscles as they give up their hold. Let the feeling of relaxation grow.... spreading calm throughout your body.

Breathe in relaxation.... and breathe out tension.... breathe in calm.... and let all the tension go as you exhale....

Continue to breathe slowly, and gently, deepening your state of relaxation more and more with each breath. Deeper and deeper. More and more relaxed. Calm. At peace.

Now begin to create a picture in your mind. Imagine a place where you feel completely at ease. This might be a favourite place you have been, or somewhere you have seen, or it might be completely imaginary. It's up to you. Picture this place where you feel happy and calm.

Create the details about this place in your mind. Visualize the sights.... sounds.... and smells... of your place. Imagine how you feel physically. You are comfortable, enjoying the pleasant temperature.... enjoying being still and relaxing or doing whatever enjoyable activities you participate in here....

Enjoy the way you feel in this safe place.

You feel calm and safe here. At peace with yourself.

Remain in your peaceful place while you meditate calmly and build your self-esteem.

Imagine that all of the following affirmations are true for you, right now in this moment, and enjoy the self-esteem relaxation you experience. Repeat each affirmation in your mind, or out loud, with conviction. Use your imagination to fully believe each self-esteem relaxation affirmation.

The self-esteem relaxation affirmations begin now.

I am at peace with myself.

I appreciate who I am.

I value myself as a person.

All people have value, and I am a valuable human being.

I deserve to relax.

I deserve to be happy.

I embrace my happy feelings and enjoy being content.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

When my mood is low, I accept my emotions and recognize that the low mood will pass, and I will be happy again. I look forward to the good times. My future is bright and positive.

I look forward to the future, and I enjoy the present.

I look fondly upon many memories from my past.

I forgive myself for my mistakes. All people make mistakes. I used to feel regret about some of my mistakes because I am a good person and want to do the best that I can, and now, I am still a good person and I release the feelings of regret because I have learned and moved on. I forgive myself for errors I have made, because I have felt bad about them long enough. I have suffered enough, and now it is time to be free. By freeing myself from past mistakes, I can move on and do good things. I forgive myself.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

I feel good about who I am today.

I accept the person that I am. I accept my flaws and accept my strengths.

I view my shortcomings as strengths not yet developed, rather than as weaknesses.

I eagerly develop new strengths.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

I approach challenges with strength.

I do the best that I can at the time. I give 100% effort when I am able and when I choose to put full effort toward the things that are important. I accept my imperfections and the imperfections in what I do. My efforts are good enough, and they're okay.

I do not have to be perfect to be okay as a person.

I am a human being with flaws. I enjoy being who I am, and love myself as I am.

I nurture the child within me.

I feel secure in who I am, and do not need to compare myself to others.

All of the strengths I have ever had are present in me today. I still have the same positive character, even if not all of my strengths are shown right now. I have all of those strengths of character and will use those strengths again.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

I accept myself.

I care for myself.

I take time for myself and enjoy it. I deserve time for myself, and I feel good about taking this time regularly.

I handle difficulties with grace.

I allow myself to experience and express emotions, both negative and positive.

I accept myself.

I am perfectly alright just the way I am.

I accept myself.

I am a valuable human being.

I accept myself.

I feel confident.

I accept myself.

I feel secure.

I accept myself.

I accept myself.

Think again about your peaceful place. Picture yourself enjoying this environment. Acknowledge the feelings you are experiencing after repeating the self-esteem relaxation affirmations. Accept any positive or negative feelings you are having. Allow yourself to feel calm and at peace.

Now it is time to leave your special place. Know that you can return here in your imagination any time to relax, feel calm and relaxed, and feel comfortable and safe. Take with you the feelings of acceptance of yourself, and belief in the self-esteem relaxation affirmations. Continue to feel positive and accepting of yourself. Hold onto this secure feeling of self-esteem as you return to your day.

In a moment I will count to 3. If you choose to sleep, you can drift into a relaxing and pleasant sleep on the count of 3. If you wish to become fully awake, you can increase your alertness and become energized and fully alert on the count of 3.

One... take a deep, cleansing breath in... and exhale slowly.

Two... take another deep breath.... and exhale...

Three.... you are feeling calm, confident, and refreshed.

To Reduce Fidgeting

Find a comfortable position that will allow you to relax for the next few minutes. Adjust your position as needed to get comfortable. You may want to sit or lie down.

Close your eyes or focus your gaze on one spot in the room.

Get ready to relax, getting comfortable...taking a few deep breaths to relax and centre yourself. Allow your breathing to begin to calm you.

Let's take 20 seconds for fidgeting. Fidget and move all you need to for the next 20 seconds.

(Pause)

Now it's time to stop fidgeting. You can use progressive muscle relaxation to start to relax your muscles, and the movement of each exercise will help to decrease the anxious energy that leads to fidgeting.

Begin with your shoulders. Raise your shoulders toward your ears. Hold this tension, holding the muscles of your shoulders very tight. Now, let your shoulders relax...dropping into a comfortable, loose position. Feel your shoulders lowering as the muscles relax.

Squeeze your jaws shut, holding the muscles of your mouth and jaws very tight. Squeeze your eyes closed as well, holding the tension throughout your face. Hold...and now relax. Allow your jaw to drop slightly, letting the muscles of your face and jaw become loose and relaxed. Let the muscles relax completely, and feel a calm, smooth feeling in the muscles of your face.

Point your toes, tensing the muscles in the back of your legs, all the way from your feet...to your knees...to your hips. Hold your legs very rigid, keeping the muscles tight and tense. Feel the muscles becoming tired, wanting to give up the tension...but hold the tension a little longer. Squeeze tighter...and now relax. Release the muscles, feeling the back of your legs relax.

Now bring your feet up toward your knees, tightening the front of your legs, all the way from your feet...to your knees...to your hips. Feel the muscles in your lower legs, very tight and tense, and in your upper legs, holding onto tension. Hold...squeeze tighter...and relax. Wiggle your toes once or twice and feel your feet and legs relaxing completely.

Your legs feel so limp and loose...it is a pleasant, comfortable feeling of relaxation.

Take a deep breath in, feeling the tension in your chest and stomach as you hold that breath...and allow your chest and stomach to relax as the breath escapes slowly.

Allow the muscles of your back to relax...from your neck...to your upper back...middle back...lower back...feeling your whole body relaxing.

Notice any areas of tension in your body and relax those areas now.

Your body will continue to relax...deeper and deeper...loose...heavy...relaxed.

Now that you are starting to feel more relaxed, focus on your hands.

Let's do some calm, slow, non-fidgeting movements that will help your hands relax. Open your hands wide, stretching...reaching to stretch your arms too...stretching your hands open...and release.

Now close your hands into fists and squeeze them tightly shut...hold...tighter...and release.

Open your hands again...stretching...and then close your hands tightly, squeezing...

Now relax, allowing your hands to go limp. Feel how relaxed your hands are now that you have released the fists you were holding. Your hands may even feel warm and tingly.

Rest your hands at your sides or on your lap. Feel them go completely slack...let the muscles relax entirely...holding no tension in your hands.

Allow a feeling of relaxation to fill your hands. It is such a feeling of calm and steadiness. Feel the stillness in your hands.

Your hands are feeling very heavy...very relaxed. A tingly feeling of relaxation fills your hands. You are feeling so calm.

Each time you get the urge to move your hands, find that they are so heavy...so relaxed...that your hands simply remain still. Relaxing into a feeling of warmth and heaviness.

Imagine that your arms are growing...getting bigger...heavier...

Now imagine that your hands and arms are shrinking back to normal size but remaining just as heavy.

The heavy feeling is so calm and pleasant.

Now create a picture in your mind. Imagine the colour blue. See the most calm, relaxing shade of blue you can imagine. See this colour fill your entire mind's eye. Allow this beautiful shade of blue to represent the feeling of relaxation you are experiencing right now.

Every time you start fidgeting, imagine the colour blue, and feel a complete stillness descend over your body. Feel your hands rest gently at your sides, and feel your hands and arms becoming warm...feeling very heavy.

Whenever you picture the colour blue, you can feel completely calm...serene...and still.

When you see the colour blue it can remind you to relax. When you find yourself fidgeting, you can picture the colour blue, focus on your breathing, and the fidgeting will stop as you become completely relaxed and calm.

Experience right now a feeling of complete stillness. Imagine being surrounded completely by the colour blue...surrounded in a comforting blanket of blue...so calm...so serene...peaceful and relaxed.

For the next few moments, simply focus on your breathing, concentrating on each breath you take. Whenever your thoughts wander or you start fidgeting, imagine the colour blue and feel your hands relaxing and becoming heavy.

Concentrate now on your breathing...observing each breath as it moves gently in and out of your body.

If you find yourself fidgeting, just imagine the colour blue, and direct your focus again to your breathing as you feel yourself completely relax.

Keep focusing on your breathing, feeling completely relaxed...very calm and still.

If you start fidgeting, it's okay. Just picture the colour blue, and feel your body relaxing instantly...becoming so heavy, warm, and still that the fidgeting stops, replaced with calm stillness.

Keep focusing on your breathing...feeling totally relaxed and at ease.

(Pause)

Just relax now...not needing to focus on anything at all.

Relaxed...calm...serene...

A pleasant feeling of stillness...

Whenever you find yourself fidgeting, you can stop this fidgeting quickly with relaxation. When you begin fidgeting in the future, you can squeeze your hands tightly shut, and then release the tension as you picture the colour blue. When you imagine blue, you can remember the feeling of relaxation you are experiencing right now and relax instantly.

When you need to relax in the future to stop fidgeting, imagine the colour blue, focus on your breathing, and feel your mind and body become relaxed and still.

Picture the colour blue right now, feeling completely and totally relaxed.

(Pause)

Now it is time to finish this relaxation exercise.

Give yourself the time you need to reawaken your body and mind.

Wiggle your fingers, feeling your arms waking up. Wake up your legs by wiggling your toes. Feel the awareness returning to your body and mind as you become more awake and alert.

Stretch if you want to, becoming gradually more aware of your surroundings. Sit quietly for a few moments with your eyes open, reorienting yourself.

When you are completely awake and alert you can return to your usual activities, keeping with you a feeling of calm and stillness.