

# DIY: Guided Imagery for Children and Teens



Guided imagery is a relaxation technique that uses visualization to help reduce stress and anxiety. By imagining a peaceful scene or situation, you can calm your mind and body, manage your emotions, and improve your mental well-being.

## Instructions

1.



### Find a Quiet Place:

Choose a quiet, comfortable spot where you can sit or lie down without distractions.

2.



### Start with Deep Breathing:

Take slow, deep breaths. Inhale through your nose for a count of four, hold for a count of four, and exhale through your mouth for a count of four.

3.



### Begin the Visualization:

Close your eyes and imagine a peaceful place. This could be somewhere you've been or a completely imaginary place like a beach, forest, or garden.

4.



**Describe the Scene:**

Use descriptive language to help yourself visualize the scene. For example, say to yourself, "I am on a warm, sunny beach. The sand under my feet is soft, I hear the gentle waves crashing, and I smell the salty ocean air."

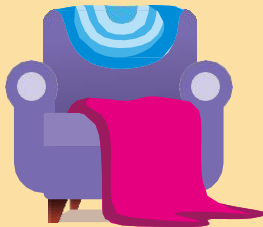
5.



**Engage All Senses:**

Use all your senses to make the scene feel real. Ask yourself: "What do I see around me? Can I hear birds singing? How does the sun feel on my skin?"

6.



**Personalize the Experience:**

Add elements that make you feel calm and happy. For example, imagine you find a comfortable spot by a stream. Maybe there's a soft blanket or a cozy chair waiting for you.

7.



**Guide Through the Scene:**

Continue guiding yourself through the scene, keeping the imagery positive and calming. For example, you might walk along the shore, feeling the cool water wash over your feet. You find a cozy spot to sit and watch the waves.

8.



**Reassure and Return:**

After a few minutes, gently bring yourself back to the present. When you're ready, take a deep breath and slowly open your eyes. Remind yourself that you can visit this peaceful place anytime you need to relax.

## Tips for Practicing Guided Imagery



- **Practice Regularly:**  
Practice guided imagery regularly for the best results.
- **Be Patient:**  
It may take time to fully engage with the technique. Be patient and supportive of your progress.
- **Lead by Example:**  
If you're a parent, consider practicing guided imagery yourself to model the behavior and show its benefits.