

Guided Imagery



Practicing Guided Imagery can help us to relax, sleep better and cope with times when we feel worried, overwhelmed or anxious

A time I felt relaxed and safe...

 **I could see....**

 **I could hear....**

 **I could smell....**

 **I could feel....**

 **I could taste....**

A picture of my special place...

A word to help me remember my special place...