

# STRESS

## Imagine!

**V**isual imagery is a proven way to help reduce stress. It helps you to relax by focusing on a place or image that brings you comfort. It also allows you to slow down and breathe.

### It's Easy!

**Step 1:** Sit comfortably.

**Step 2:** Close your eyes and "see" in your mind's eye a beautiful beach, countryside, or a favorite childhood place or memory.

**Step 3:** Imagine the sounds, textures, smells, tastes, and physical details. Try to see the colors, placement of trees or buildings, who you are with, what you are doing, the sound of voices, the feeling of the sand or sidewalk under your feet, etc.

**Step 4:** Take a minute to rest in your comforting place. Take a few deep breaths and release them slowly. Stay here for as long as you like.

**TIP:** Sometimes it's helpful to participate in a "guided" visual imagery tour. You can find a guided imagery audio recording on [www.echmc.org](http://www.echmc.org).

