Creative Visualization

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Visualization, or imagery, is another technique often used for relaxation. It is daydreaming for relaxation purposes: a specific scene is imagined, like lying on the grass in the warm sun, and then it is enhanced by continuing to picture yourself in that scene, noticing what it feels to be “lying in the grass, feeling the warmth of the sun and a soft breeze,” etc. You do this until you feel very relaxed, just as you would if you really were lying in the grass. Use your five senses to get the maximum benefit from the visualization. For example, if you are at a park, what does the grass smell like, what color is the sky, how does the grass feel (as above), can you hear birds, are you talking to anyone and what is being said, are you thirsty and what does your beverage taste like?

It is recommended that you begin the process by taking 3-5 minutes to relax yourself using another relaxation technique before you start a visualization. Another person can guide you through one or more visualizations, and then you can create your own image, while you continue to inhale slowly through your nose, and exhale through your mouth. The goal of a visualization exercise is to make a mind/body connection using your five senses – sight, hearing, smell, taste and touch – and to stay ‘centered’ by creating a state of physical, emotional and spiritual mindfulness. This gives you the ability to respond to your environment instead of reacting to it.

Sample Visualizations

1. It is early in the morning as you wake up. You feel nice and warm under the covers. It is very quiet in the house – so quiet, that you know you are the only one who is awake. You can almost “hear” the quiet - it is so peaceful, and you feel very cozy in bed, just listening to the silence. (Variation) You wake up to hear rain falling softly on the roof. It looks cold and wet outside, but you are inside – nice and dry under the warm covers etc.

2. You’re lying on the beach, under the warm sun. The sand feels soft underneath you. You’re very calm, relaxed, and sleepy. You can hear the waves rolling in, gently and evenly as they touch the shoreline. You feel so comfortable. (Variation) You’re lying on the grass in the park. The sun makes you feel warm, comfortable and sleepy. You can hear the birds and the soft rustling of leaves in the trees. A slight breeze brushes your cheeks, helping you feel relaxed and comfortable…etc.

3. You are walking slowly through a beautiful green forest. The only sounds you can hear are the sounds of the birds in the distance. It very quiet here, and you continue to walk slowly, enjoying the calm and peacefulness. It is a warm day, but the forest is slightly cool, making you feel very comfortable - just the right temperature. You have the forest all to yourself with nothing to disturb you. You are feel calm and relaxed, and ‘at one’ with nature and your surroundings.