

Visualization Exercise: Forest Scene

The purpose of this visualization scenario is to provide you with a scene that completely absorbs your attention and distracts you away from your anxious thoughts. As you become absorbed in the scene you will deepen your state of relaxation and will notice changes in your body. Your muscles will become less tense, your heart rate will slow, and your breathing will deepen. In this scene, you will imagine yourself in a forest.

Begin by finding a comfortable position either sitting or lying down in a location where you will not be interrupted.

Take a deep breath through your abdomen, hold it for a few seconds, and exhale slowly.

As you breathe, notice your stomach rising and your lungs filling with air.

Breathe in...and out

As you exhale, imagine the tension in your body releasing and flowing away.

Inhale... and exhale. Feel your body already relaxing.

As you go through each step, remember to keep breathing.

Inhale...exhale

You are becoming relaxed, calm, peaceful. Feel the weight of your body, the limpness of your arms and legs.

A wave of relaxation is flowing from your head, down to your neck, chest, back, arms, legs, and feet.

Breathe in...and out

Now imagine yourself walking into a beautiful forest.

You are surrounded by tall, elegant trees colored many shades of green and brown. When you look up, you see the tops of the trees swaying softly in the wind. Rays of sun are peaking through the leaves, illuminating the forest with natural light.

The tree tops blend together, creating a protective shelter above you, shading you from the hot sun.

As you stand, and take in the beauty of the forest, you begin to appreciate the serenity of the scene.

Breathe in...and out

The ground, covered in leaves and soil, feels soft beneath your feet. The air is clean and crisp. The breeze is cool and comfortable.

You begin to feel relaxed and calm. A sense of peace flows over your entire body.

You take a deep relaxing breath in and notice the freshness of the clean air.

Breathe In...and out

You stop to listen to the soothing sounds of the forest. You hear the sounds of the leaves moving gently in the wind. You can hear birds quietly chirping in the far distance. You hear water slowly flowing down a small creek nearby.

You stop to appreciate the soothing sounds of the forest and you let yourself feel completely peaceful.

Breathe in...and out

Just ahead you see a large smooth rock. You decide to lie down on the rock and begin to notice how comfortable it is. All of your tension has melted away. You feel calm and relaxed.

Breathe in...and out

When you are ready, slowly begin to turn your attention back to your environment, notice the sounds of the room. You continue to feel peaceful and calm.

Slowly open your eyes and stretch your body, notice how rejuvenated you feel.

Once you have returned to your usual level of alertness, resume your day, continuing to feel relaxed.