

## Visualization Exercise: Meadow

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 being in a beautiful meadow.

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 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 being released and flowing away.

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

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

Inhale...exhale

Feel your body releasing all the tension, 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 large, beautiful meadow, surrounded only by nature.

You see rolling hills of green with small white and lavender flowers scattered across the grass. You notice the flowers swaying elegantly with the wind. Far into the distance, you see the blue shadows of tall mountains. Overhead, there are birds flying gracefully across the blue sky.

You begin to appreciate the serenity of the scene.

Breathe in...and out

It is a clear sunny day. You can feel the warmth of the sun and the coolness of the gentle breeze relaxing your body. Walking further into the meadow you notice the softness of the grass beneath your feet.

As you take in the beauty of the scene, 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.

In...and out

As you inhale, you smell the sweet fragrance of the flowers around you.

You feel safe, warm, and relaxed. You decide to lie down in the soft grass. You feel the weight of your body sinking into the comfort of the ground beneath you. All of your tension melts away.

You close your eyes and listen to the soft sounds of the wind. You can hear the gentle movement of the trees and the quiet chirping of birds far in the distance.

You let yourself feel completely peaceful.

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.