

Visualization Exercise: Wildlife Sanctuary

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 wildlife sanctuary.

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 through a preserved area of wilderness, surrounded by nature. You are walking along a soft dirt path with green grass, tall trees, and vibrant flowers all around.

There are no cell phones, no televisions, no sounds of rushing traffic. You only hear the soft sounds of birds chirping, wind gently blowing, trees rustling.

The sanctuary is calm and peaceful.

As you walk slowly down the path, you begin to appreciate the serenity of this scene. It is a beautiful, sunny day. You can feel the warmth of the sun and the soft cool breeze relaxing your body . You reach over to feel the silkiness of a freshly bloomed flower and you inhale to take in its sweet scent.

Breathe In...and out

As you breathe, you take in the freshness of the clean air.

You notice two squirrels, happily roaming through the trees.

As you continue to walk, you notice a small pond with three white ducks swimming elegantly across the pond, barely disturbing the stillness of the water.

As you watch, you stop to enjoy the serenity of wildlife and the peacefulness of nature. You begin to notice the beauty of the birds, some blue, some red, and some gray. Overhead you notice more birds soaring gracefully above the trees.

Breathe in...and out

You appreciate the purity of the scene.

Breathe in...and out

You feel content, relaxed, peaceful.

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.