VISUALIZATION

TRY ONE OUT!
Imagine you are at the beach... You are lying on a warm towel... You can feel the sun's warmth on your body... The waves are gently washing against the shore... The breeze blows lightly over you... You don't have a care in the world... No one can disturb you... you feel completely relaxed.

If you want, add more detail to your scene OR check our The Anxiety & Phobia Workbook by Edmund J. Bourne for more examples.

Visualisation exercises can help modify the way you act and feel.

When you’re feeling anxious or overwhelmed they can help to relax you.

Check out www.bewell-dowell.org for more info.