

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.

How can visualization exercises help me?

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

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

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



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