Using Guided Imagery to Manage Stress

Do you have difficulty letting go of stress? A busy day can leave the mind racing and the muscles tense. Guided imagery — similar to daydreaming — is one way to let go of the day’s worries. These steps will help you move into a more relaxed state:

- Sit or lie comfortably and close your eyes.
- Imagine a relaxing scene, such as a quiet stroll in the park.
- Involve as many of your senses as possible. For example, if you are envisioning a beach, imagine seeing the blue sky, hearing the waves crash, feeling the warm sun, and smelling and tasting the salt air. Specific details will make the scene feel more real.

Keep the scene fixed in your mind while repeating an affirmation. Examples: “I’m releasing tension now” or “I’m letting go of stress.”

Engaging in guided imagery for a few minutes each day will leave you feeling refreshed and better able to handle the day-to-day stresses of life. In addition, try incorporating these tips into your daily routine:

- **Decide to be happy.** “Happiness” is largely about how you perceive the world around you. Choosing to see the glass half full will make it easier to let go of stress and disappointment.
- **Focus on the positive.** Instead of focusing on why you can’t do something, think about why you can. Breaking out of negative thinking will help you take a positive approach to solving problems.
- **Practice yoga and meditation.** Yoga will help you to relax, both mentally and physically. Consider adding a short period of meditation or guided imagery to the end of your yoga routine.
- **Be open to new experiences.** The world is a more interesting place when you are open to possibilities. It’s less stressful too!

LifeMatters can provide suggestions on managing stress and improving wellbeing. Call 24/7/365.

Call LifeMatters® by Empathia toll-free anytime. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
Call collect to 262-574-2509 if outside of North America
Visit LifeMatters® online at mylifematters.com
facebook.com/lifematterseap

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

Source: Krames Staywell