

The Chill Spot



Guided Imagery

Some people have trouble turning off their mind to become calm when stressed. Guided imagery is an effective technique that occupies your mind with a calming, soothing, relaxing experience. The voice of the speaker helps keep you focused on the experience while the descriptions help you imagine the kind of place where you will feel calm and relaxed. Once you have gone through the recording you may then begin to imagine yourself in the relaxing setting without needing to be guided. You can then use recordings of the relaxing setting as background and use your imagination.

There are a variety of places you can find guided imagery recordings. Here are a few suggestions.

- Dartmouth College has created an excellent set of different meditational approaches that can be accessed for free. There is one that guides you through imagining a time when you were confident, successful and calm: <http://media.dartmouth.edu/~healthed/anchoring.mp3>. This recording guides you through a calm and relaxing time in a forest setting http://media.dartmouth.edu/~healthed/imagery_the_forest.mp3. This recording helps you create a personal image of a safe place you can imagine that will help you feel calm, safe and stress free: http://media.dartmouth.edu/~healthed/special_place.mp3.
- Youtube.com. Enter the search term "guided imagery" and find the scene that is most relaxing for you.
- Youtube.com. Enter the search term "nature sounds" to find recordings of natural environments. (You could also put in city sounds or sounds from the environment that you find relaxing and calming.)