



### GUIDED IMAGERY



Today your child learned about guided imagery, a simple, powerful technique that can have many health-related physical and emotion benefits. It can help people feel less nervous or upset, be less bothered by pain, or achieve a goal such as an athletic or academic achievement.

Through guided imagery you can learn to use your imagination to “Create the State You Want,” meaning that you can actually change how you are feeling and what you are focused on.

### AT HOME ACTIVITY



Try a simple guided imagery exercise yourself with these easy steps:

1. Get into a comfortable position. If lying down would likely put you to sleep, choose somewhere comfortable to sit.

2. Begin breathing deeply and close your eyes, focusing on breathing in calm and breathing out stress.
3. Once you get to a relaxed state, begin to envision yourself in the midst of the most relaxing environment you can imagine.
4. As you imagine your scene, try to involve all of your senses. What does it look like? How does it feel? What smells and even tastes do you notice? What do you hear?
5. Enjoy your surroundings, and let yourself be far from what stresses you for as long as you like. When you're ready to return to reality, count back from 10 or 20, and tell yourself that when you get to one, you'll feel serene and alert, and enjoy the rest of your day.

### INCORPORATE MOVEMENT

Most Americans don't get as much exercise as experts recommend. But it's easier than we might think. If we shift our efforts away from going to the gym and toward adding more movement into our daily lives. In the next week, see if you can replace one short car trip with a walk or bike ride.

