

Guided Visualisation for Creating Personal Safety and Reducing Worrying

Facilitator's Notes

Suggest a space where you can either sit or lie down comfortably. Consider the external environment and pick somewhere quiet, free of distractions or interruptions.

To prevent distractions from external noise, play some tranquil, calm music or sounds of nature as an introduction if you are using this in a group.

Read the following in a clear, slow, low calm voice. Take lots of pauses, in particular where highlighted.

This can be recorded if an individual wants to reuse it or ask a trusted friend to read it to them



Take a few moments now to make yourself comfortable. If you are seated, place your legs a comfortable distance apart, your feet firmly on the ground. If you can lie down, make yourself comfortable lying on your back with your legs straight. Use cushions for support if needed.

Slowly close your eyes. Place one hand over your belly, just below your belly button. Notice how your tummy rises as you breathe in and falls as you breathe out. Feel the rhythm of your breathing with your hand. Do this for 5 in breaths and 5 out breaths.

Now relax your hand by placing it anywhere it feels comfortable and notice your breathing. Breathing in, breathing out. There is no need to control your breath and there is no right or wrong way of breathing.

As you continue to breathe, slowly and gently, notice any areas of your body which feel tense or uncomfortable, relax that part of your body now. Perhaps the tension has a shape or a colour. Imagine it and breathe into that part of your body, breathing in comfort and relaxation and breathing out discomfort and tension. That's right, just let it go, let it drift out and away from your body, almost like a coloured mist that drifts off and away, rising and vanishing into the atmosphere.

PAUSE 20 SECONDS.

As you continue to breathe, relaxing deeper and deeper with every gentle breath you take. I would like you to imagine yourself in a beautiful, special place, a place where you can be safe and totally relax. A place where you can let go and become peaceful. It can be a garden, a beach, or somewhere entirely different, and it really does not matter what or where. It can be somewhere real or some place you imagine, and in a moment, you can go there, in your imagination. A place where you can rest and let go, a place where you can feel tranquil, peaceful, where every part of you can relax.

Go to that special place and start to notice all the things that help you relax even more deeply, notice everything all around you. Notice any colours, is it bright or dark? What are the different colours? Think about anything you can hear in this place, notice if it is quiet or can you hear noises. Are their noises in the distance? Just let the peace of this place drift over you and through you.

Notice how this place allows you to feel the wonderful sensations of having nothing in the world to do right now. Perhaps you can smell the hint of a beautiful smell or even something lovely you can

taste? How does the ground feel under your feet? Is it soft and supportive? What can you gently touch? Wherever you may be, know that this is a beautiful place, your special place, where your body and mind can take lovely, deep rest.

PAUSE A FEW SECONDS.

Noticing the colours and the shapes which allow you to sink deeper and deeper into relaxation, your body is relaxing more and more, perhaps it is sinking into the chair or the floor, perhaps parts of your body are tingly or warm as you continue to breathe and relax and sink deeper, in your mind's eye perhaps you can see or feel the air going through your body, wherever it is needed, notice how every part of your body is relaxed. Your muscles relax, your bones relax, your brain can relax, even your skin and teeth can relax. Feel the relaxation and peace, drifting over you and into you, as you enjoy being in your special place.

PAUSE A FEW SECONDS.

Now, looking out from your special place, you notice that a little way off, just through an archway covered with beautiful flowers, there is a wonderful water feature, the water, sparkling in the sunlight, cascading over rocks into a large pool, filled with round, white pebbles. The water looks cool and refreshing, the sunlight making dancing reflections on the surface. There are fish in the pool, and one breaks the surface to gently feed. You know instinctively now you can let go completely of your cares and concerns as you sit and can dip your hand in the cool crystal-clear water.

You can pause for a while, day-dreaming **PAUSE FOR 15 SECONDS** and while you are there you notice a large beautifully coloured hot air balloon in the distance and you wander slowly towards it. It is a magnificent hot air balloon tied to the ground, ready to be launched. You notice a sign which says 'would you like to get rid of all your worries? Place all your worries in the box attached to this hot air balloon and it will be launched into the atmosphere shortly.' You decide to take the time right now to do that, carefully placing each worry or feeling of anxiety into the hot air balloon box.

PAUSE 1 MINUTE.

When you have finished placing all your difficulties in the box attached to the hot air balloon, you notice how simple it is to release the ropes by pulling the cleverly tied knots undone. As you easily tug each knot to release each of the ropes, you notice yourself feeling lighter. Finally, you undo the last rope with a sense of relief. **PAUSE 5 SECONDS.**

It is exciting letting go of all your difficulties and worries, and you watch the balloon, rise slowly at first, then higher and higher, it begins to drift further and further and further away, above the trees getting smaller and smaller in the sky, until you can hardly see it, just a dot in the sky. **PAUSE 20 SECONDS.** Now you no longer see the balloon anymore. **SHORT PAUSE.**

Feeling lighter, happier and more relaxed, you wander back to your special place to rest and relax there for a while, feeling renewed and refreshed. **PAUSE for 10 seconds.**

And slowly after resting a while, when you are ready, you can count from 10 to 1 and begin to come back into the room feeling fresh, energised and calm, knowing you can return to this special place any time you need to. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

This exercise will take about 10 to 15 minutes