

Visualisation

This is a shorter relaxation, imagining pictures and scenes that have positive associations for you. It is called visualisation, and can help you feel more calm and at ease.

Begin by finding a comfortable posture, with your feet on the floor, sitting upright with your back supported, your hands resting on your lap. If you are lying down, find a restful position on your back, with your legs stretched out and arms by your sides. Use pillows or cushions to keep yourself comfortable. Close your eyes, or keep them gently open.

And now turn your attention to what you can picture in your mind's eye. Bring to mind a colour that you find soothing. Imagine any shade of the colour spectrum – red, orange, yellow, green, blue, indigo, violet. Now visualising this colour as a fabric that you find comforting. Imagining velvet, brushed cotton, silk or smooth fleece.

Now picture this fabric as a blanket. Feel yourself wrapping the blanket around your shoulders, or lying down on it gently. Observe any soft sounds you can hear as you settle down. Sensing your body warmed by the blanket, its colour flowing through you. Notice how the blanket smells, any comforting, familiar scents. Spend some time resting in this space.

When you are ready, open your eyes and start making small movements. Bring your attention back to this room, as this relaxation comes to a close.