

Boice Counseling

Visualization

If you have about 10 minutes to relax for break, this one is fun. It's great to escape from the day-to-day stress of life. Why not tell yourself where you are going to escape and go there?

Technique Rationale: We all need to escape sometime. Here is a healthy way to escape. You are in control of the visualization. You control what you see, hear, smell, touch and even taste. Use all the senses you can think of so you can go fully into it. It is a break you deserve. Nothing else matters right now. Get into it fully so you come back feeling refreshed and serene. The tension vanishes just like on vacation. You choose whatever you want. Popular choices are a Tropical Island, a Beach, Mountains and a Forest.

Technique: Close your eyes if you feel comfortable doing that. Sit for about 20 seconds just reminding yourself that nothing else matters right now. You are on vacation for the next 10 minutes.

- Picture where you are- in your mind's eye.
- What do you smell? (Take a few seconds to smell it.)
- What do you see? (Take longer to get the whole scene or create the whole scene.)
- What sounds do you hear? (Really hear them. Take some time for this.)
- What physical sensations do you feel? (Take a long time with this one. Most people feel relaxed during vacation.)
- And last but not least: What do you taste? (This may be difficult at first. Try it. You'll like it.)

Now that you've involved all your senses-What is it you are doing? Get into it. Enjoy it.

Are you lying on the beach enjoying the warmth of the sun listening to waves crashing on the shore as you smell the saltwater, feeling invigorated and sipping lemonade? Make more detail or pay attention to the detail that is there.

Note: Whenever you finish relaxing, it is important not to rush. That defeats the purpose of relaxation. Savor the time you have. Enjoy the sense of relaxation. Some people go home and make an audiotape using this idea and bring it in their cassette player to work for breaks.

*If you need or want more help getting relaxed, give a call or e-mail me:
(585) 802-1273, donboice@boicecounseling.com*

