

# **QUICK THERAPY SOLUTIONS**

## **VISUALISATION & RELAXATION**

The visualisation is an extra tool to help you escape from stress and the relaxation is something you might find useful to learn to relax properly if visualising doesn't do anything for you.

It is important that you prepare yourself in advance for both visualisation and relaxation. Make sure that you allow half an hour in a quiet room or outside in the open where you will not feel rushed or worried, where no-one will interrupt you and where you can close your eyes and know that you will not be disturbed.

### **VISUALISATION**

Make yourself comfortable and relax your body completely. Close your eyes and clear your mind of clutter until you can just see whiteness and your breathing is quiet and even. When you feel calm and relaxed, imagine that you are standing in a wood. It is warm and you are wearing light clothes. You can feel the warmth of the sun streaming through the canopy of trees above you. You can hear the birdsong and other sounds .....take a deep breath and savour the smells.

Now become aware of a clearing ahead of you and walk through the wood towards it. As you walk towards the clearing you can see that there is a thick hedgerow ahead of you on the other side of the clearing with a small gate in it. You are out of the wood now and you cross the clearing towards the gate. Open the gate and walk through it and you will find that you are on the edge of a large field. The grass is short and there are wild flowers and butterflies. The ground is warm so take off your shoes. Be aware of the feeling that being here gives you. You feel really happy and at peace. You feel really strong and well. There is something in the distance, on the other side of the field.

If you want to, you can go and see what it is. If you'd rather not, do whatever you feel like doing. There's a wooden seat on the edge of the field by the gate and I'm going to sit and wait for you here. When I call you, I'd like you to wander back towards the seat where I'm waiting for you. You can come to this place by yourself at any time. You could come back at night, early in the morning or at dusk, at any time.

Come back when you feel the need for a quiet, happy place to escape to. It belongs to you.

### **RELAXATION**

Lie on your bed, on the floor or sit in a very comfortable chair. Start with your feet...concentrate on them and use your imagination to convince yourself that your feet are growing heavier and heavier. Feel your toes relaxing and getting heavy. Make the heavy feeling slowly creep up your legs...from your ankles up to your calves...to your knees...to your thighs...up and around your hips. When you feel that they are really heavy, make yourself fully aware of the heavy sensation.

Now do exactly the same thing with your hands. Relax them completely. Imagine that your fingers and hands feel really heavy. Make the heavy feeling creep up from your hands to your wrists...creeping up to your elbows...to your upper arms. You can really feel the weight of them. Allow the heavy feeling to spread up to your shoulders...your shoulders slump with the weight.

Now make your body feel really, really heavy. Try to be aware of your muscles relaxing. Feel the heaviness creep up into your jaw and let it come open a little with the weight. Feel it in your cheekbones...around your eyes...feel the heaviness in your forehead...feel that your eyelids are too heavy to open. Your head is too heavy for your neck to support.

Once you feel the heaviness overwhelm your body from the soles of your feet up to the top of your head and that your whole body is relaxed, concentrate on slowing your breathing so that it is deep and even. Stay like this for a while. When you're ready, gradually open your eyes, take in a calm, deep breath and come back to normal.