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Learn to Visualize: A Path to Relaxation

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Visualize Your Way to Inner Calm

Visualization is a relaxation technique that is easy to learn and effective at relieving the symptoms of stress. You simply close your eyes and imagine yourself in a calm, peaceful setting, like a beach or a forest path. Using your imagination, you engage all of your senses as you visualize the peaceful place: Listen to the sounds around you, feel the air against your skin, and inhale the natural scents. Visualization triggers your body's natural relaxation response, and may help you to reach a calm, peaceful state.

Take a moment now to relax as you are guided through a short visualization exercise. The exercise only takes about ten minutes. By the end, you may notice your breathing and heart rate have slowed, and that you feel a sense of inner calm.

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