

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Guided Imagery

- Sit comfortably in your chair, take a long slow breath and release it (pause)
- Continue taking slow breaths, and if you wish, close your eyes
- Think about a favorite spot you like to visit
- Now see yourself at a distance from that place
- Notice the details of the setting
- What sounds do you hear?
- Do you feel anything? Is the air moving?
- Do you smell anything?
- Now walk into that setting
- Notice more of the details
- Are the sounds louder? Softer?
- Does anything smell differently?
- Reach out and touch something. Is it smooth or rough?
- Spend a few minutes enjoying your time there
- Notice how you are feeling
- Take another slow deep breath and open your eyes
- Remember that you can use this technique whenever you want