

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

Journey Visualisation

FACILITATOR HANDOUT

Sometimes we all need a break to give our minds a rest and take the opportunity to reset, and feel ready to face the challenges of the day. This visualisation gives you the opportunity to go on holiday whenever you need to.



Activity

Facilitator to start reading the script

Get comfortable

Relax your body by releasing any areas of tension. Allow your arms to relax...then your legs...now relax your neck and back.

Breathe deeply into your stomach, drawing air fully into your lungs and exhale. Keep breathing in and out.

Become more and more relaxed with each breath.

Allow your entire body to rest and feel relaxed.

Imagine

You open the curtains, the sun is shining. Feel the rays encouraging you to go out. As you leave your house, you begin to feel excited at the prospect of an enjoyable day. A car door opens and you enter a plush, luxurious interior. Your favourite music is playing. You sit back and listen to the music as the car journey begins.

Pause

The door opens. As you step out, you see before you the most beautiful view of valleys, lakes, woods, fields and flowers. You walk along the winding path, feeling the warmth of the sun and the cool of the breeze. You notice the wild flowers and the soft scents that waft towards you, the different colours of the leaves and the shapes of the trees. Enjoy the scene.

Pause

You enter a clearing where a rustic seat awaits you. Sitting down, you take in the view, the beauty, the tranquillity of your environment. You feel good; you are content and relaxed. Enjoy this scene; feel the peace and calm enter your body.

Pause

The journey home is comforting; you feel exhilarated, at peace, ready to continue with your life. As you enter home, you say to yourself "I feel good. I really enjoyed today. I will do it again soon".

When you are ready, slowly open your eyes, wriggle your hands and feet, stretch if you want to and return to the room.