



TBH “RELAXING SIGHTS” GUIDE WORKSHEET

THE SCIENCE

Mindfulness comes in many forms, ranging from breathing to prayer to chanting. One popular tool in mindfulness is visualization. To use visualization, you simply need to add a visual image in your mind’s eye as you practice mindfulness.

NOW DO IT!

Try 1 or 2 visualization exercises listed here. Start by sitting comfortably. Close your eyes. Focus your attention on your breathing. Become aware of the rate and rhythm of your breath. Then continue with one of the exercises here:

Breathe into Your Heart Workout

Begin inhaling slowly and deeply through your nostrils. In your mind’s eye, picture something that makes you feel wonderful. “See” this powerfully pleasant image as clearly and vividly as you can. Hold it in your mind’s eye. Repeat for several minutes.

Safe Place Workout

Imagine in your mind’s eye a place that makes you feel safe. A safe place can be a person, a thing, or a place – simply anything that creates in you a sense of belonging, calm and being cared for and loved. Spend the next moments finding your safe place. Continue breathing deeply as you focus on the image of your safe place.

The End in Sight Workout

Think of a task that you want to achieve, something you need to get done, a personal goal or lifelong dream. Visualize yourself having accomplished that task. Continue breathing deeply as you hold in your mind’s eye this wonderfully pleasant image.

TBH TAKEAWAY

Visualizing a positive image or outcome can be a wonderful way to practice mindfulness, and which can boost attention and focus, alleviate stress and promoting emotional well-being.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!