

VISUALIZATION

Visualization utilizes the imagination to calm the mind and relax the body. Visualizations can be used to envision success to overcome performance anxiety, or can be used to transcend an individual to a tranquil, peaceful place such as a beach or a forest. Visualization quiets racing thoughts and clears the mind, providing an opportunity for the mind and body to relax and feel refreshed. Engage all five senses to create a rich, detailed scene. Allow yourself to see colors, shapes, and textures. Consider smells, sounds, and the sensation of touch. Allow yourself to be present in this scene. The more vivid the scene, the more relaxing it will be.

Possible Visualizations

- Beach
- Forest
- Your Special place
- A Quiet Room
- Joyful Memories with Friends or Family
- Familiar Relaxing Activities

Example Visualization

Take a deep breath in and allow your muscles to loosen. As you gently and slowly let it out, allow a picture of a beach to form in your mind. Visualize the ocean, the sand, the sky, and the sun. Examine every aspect of your beach, and let your breathing follow the ebb and flow of the waves. See yourself standing on your beach, looking out at the ocean. The water is a light, soft blue. Feel the dry, warm sand on the sides and the top of your feet. Feel the sand squishing in-between your toes. You are feeling healthy and happy. A soft breeze caresses your face. You watch the white crest of the waves surging forward, and then falling back and receding. Notice what it feels like to be in this place. Absorb the peace and tranquility of being here.

For more information please contact a counselor or visit our website:

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>