

Guided Imagery

Guided imagery can have many health-related physical and emotional benefits. The steps that follow can help you teach teens to use their imaginations to actually change how they are feeling and what they are focused on.

What You Need

- Electronic devices for each participant or one with a larger screen that can be seen by all
- Internet connection
- Smart Board or projector
- Copies of the [“Create the State You Want” worksheet](#) *
- Pen or pencil (one for each participant)
- Copies of [“Self-Guided Imagery activity” worksheet](#) *
- Copies of [“Guided Imagery Step-by-Step How-to” flier](#) *
- Copies of [“Calm Practice” worksheet](#) *

**Worksheets and handouts are optional and can also be used as guides for group discussion facilitation*

Guided Imagery

Show the **Guided Imagery video** and choose one of the processes in the video for participants to try, either to de-stress or to focus on a future goal. At the end, discuss as a group how participants think they could use the strategy in different specific situations.

Guided Imagery video: <https://youtu.be/BD3ubF-5KCg>

Next, have the group complete the **Special Place Guided Imagery practice and activity**.

Listen to the audio or read the “Special Place Guided Imagery” script aloud to the group. When you’ve finished, ask the group these questions:

1. How do you feel?
2. What did you notice during this relaxation practice?
3. At what points during your day could you use a few minutes of guided imagery? Do you think practicing using this method could help you do that?

Listen to the audio: <https://youtu.be/VbtYP4OINos>

[“Special Place Guided Imagery” script \(pdf\)](#)

Next, distribute the “Self-Guided Imagery” and “Create the State You Want” worksheets and explain that one of the most powerful yet simple self-awareness techniques is guided imagery. Guided imagery can have many health-related physical and emotional benefits. It can help us feel less nervous or upset, be less bothered by pain or reach a goal such as an athletic or academic achievement. Through guided imagery we can learn to use our imaginations to actually change how we are feeling and what we are focused on. Have participants complete the worksheets and if they are comfortable doing so, share what they wrote or drew with one other person.

[“Self-Guided Imagery Activity” worksheet \(pdf\)](#)

[“Create the State You Want” worksheet \(pdf\)](#)

Get Focused Meditation

Listen to the audio or read the “Get Focused” meditation script aloud to the group. When you’ve finished, ask the group these questions:

1. How do you feel?
2. What did you notice during this relaxation practice?
3. At what points during your day could you use a few minutes of relaxation? Do you think practicing using this method could help you do that?

Point out that learning to focus works to calm us and relieve stress.

Listen to the audio: <https://youtu.be/aNNSeHt19Uw>

[“Get Focused” meditation script \(pdf\)](#)

Calm Practice

Have the group begin by choosing a feeling. It can be any feeling, one they are feeling in this moment or one that comes up as they think about feelings (happy, sad, angry, frustrated, etc.). Then walk them through answering the questions on the “Calm Practice” worksheet.

Once the worksheet is complete, follow these steps with the group:

1. Have participants bring back the image of their initial feeling. Have them picture that image’s color, shape, and texture. Participants should imagine pulling their feeling out of that place in their body where they imagined the feeling residing.

2. Instruct participants replace to the shape of their initial feeling with the shape they named as peace, calm or joy. They should replace the color of their initial feeling with their favorite color and replace the texture with the texture they listed.
3. Next have participants picture their image with the changes they have made, thinking of the sounds of their favorite song. Participants should take a deep breath while imagining the new image they have created.
4. Tell participants to imagine they are taking their image and placing it back in their body, where the feeling usually resides. Have them take several deep breaths while picturing the new image they created.
5. Conclude by asking participants if they could you feel the difference between what they visualized for their first feeling and the feeling of peace, calm or joy.

Explain that when they encounter a feeling that causes stress, they can try visualizing their peace, calm or joy feeling. They have the ability to moderate their feelings by choosing a feeling and visual they like.

[“Calm Practice” worksheet \(pdf\)](#)

Optional: Chill at Home Skill Building Activities

- ✓ **Gratitude Note:** write a gratitude note to someone you care about and read it aloud to them
- ✓ **Mindful Eating:** as you eat your next meal or snack, be mindful about it. Notice the smells, tastes, textures and colors of what you are putting in your body.
- ✓ **Listening:** have a conversation with a family member, friend or teacher and focus all your attention on being present and listening. Share with that person something new you learned from the conversation.
- ✓ **Connecting:** ask your parent/guardian about their day and share something about your day.
- ✓ **Lend a Hand:** help your parent/guardian/friend make a meal. Focus on being present with each step of the meal preparation process and enjoy the fruit of your labor at the end!
- ✓ **Unplug:** take a walk this week, but leave your cell phone at home. Notice the things around you: sounds, smells, nature and objects you have not paid attention to before.
- ✓ **Take a Break:** devote 20 minutes to reading a book without interruptions – leave your phone in a different room!
- ✓ **Be Present:** pick one day this week and leave your cell phone at home in the morning. Go the entire day at school without being connected. Take time to notice your feelings, emotions and observations without the interruption and distraction of your phone.

- ✓ **Get Some Rest:** commit to getting at least 7 hours of sleep 3 days this week. If you feel up for it, jot down how you feel in the morning and reflect back on your notes at the end of the week.
- ✓ **Take a Deep Breathe:** practice deep breathing once a day. Count to 3 as you inhale and count to 4 as your exhale, repeating as many times as you want.