

Occupational Therapy

Rheumatology - Relaxation visual imagery method

This is a useful tool to help you achieve a relaxed state of body and mind at any time. You use your mind to picture one of your favourite relaxing places. Your favourite places can be real or imaginary.

Step 1: Find a quiet place where you are unlikely to be disturbed.

If possible, reduce the level of lighting.

Step 2: Find a comfortable position and lie down or sit quietly.

Step 3: Close your eyes and picture one of your favourite relaxing places.

Step 4: Focus on the colours in your relaxing place.

Step 5: Focus on one colour..

Step 6: Focus on the sounds or silence in your relaxing place.

Step 7: Imagine touching something in your relaxing place.

Step 8: Focus on any aromas or smells in your relaxing place.



Patient Information

Step 9: In your own time, open your eyes.

Regular practice of this method will help you to achieve a relaxed state quite quickly and with little effort.

If you want to master relaxation imagery, it's a good idea to practice twice a day for a week or so. With this amount of practice, you will be able to switch into it with ease.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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Document History

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