

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 by using your mind to picture one of your favourite relaxing places, and it 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 in particular

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

Step 7 Imagine touching something in your favourite place

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

Step 9 In your own time, open your eyes



Patient Information

Regular practice of this method will enable you to achieve a relaxed state relatively quickly and with little effort. If you are really keen to master relaxation imagery, it's a good idea to practice twice a day for a week or so and with this amount of practice you will be able to switch into it with ease.

Reference

1. Palmer, S & Cooper, C How to deal with stress. London: Kogan Page Limited

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