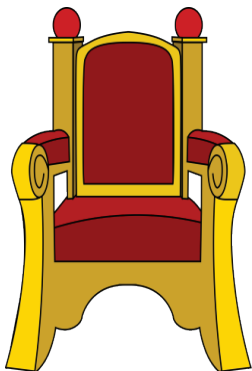


# Prep Things Needed



- Enter your quiet area.
- Imagine it is your fantasyland and place yourself in your "throne" or chair where you are comfortable.
- Grab a cozy blanket and imagine it holds special powers that make you feel better.



## How to Use Your Imagination

- Meditation - Imagery - Use the instructions on this pamphlet with the application of your imagination or listen to an Imagery audio.
- Using your imagination is easier than you might think.

### Imagination is just a fancy word for:

- Daydreaming
  - Pretending
  - Fantasizing
- By learning to play with your imagination and by expanding it, you will feel much more calm and carefree.



**"Imagination is  
more  
important than  
knowledge"**

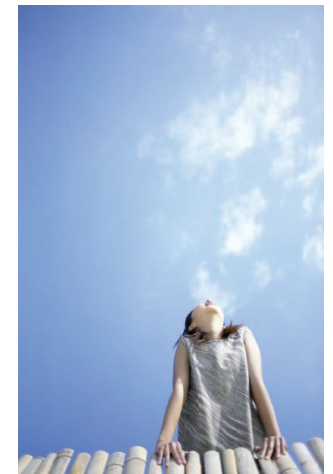
**-- Albert  
Einstein**

The information in this guide has been accumulated from current behavioral health literature and is generally accepted by the healthcare community. However, this information is not meant as a substitute for mental or medical healthcare. If you have worrisome symptoms or conditions, contact a healthcare clinician immediately.

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# Relaxation Methods

Health, Happiness & Joy



## Child Imagery Relaxation Instruction





## Sample Imagination Exercises

### Spaghetti Noodle Game

Imagine breathing in a noodle, a long spaghetti noodle. When you exhale imagine dropping your noodle onto your plate. As you do you release the tension in your muscles located in your back.



Place your hands on your belly and feel the exhale of your breathing.

Your spaghetti plate is full so breathing out fully in your abdomen makes you notice the full plate of spaghetti. Each inhale and exhale makes your spaghetti plate larger and larger. You know you love spaghetti so delightfully you enjoy placing your hands on your abdomen to feel your breathing.

### Tips for Developing Your Imagination

- Imagine something in your mind that you like to do very much like swinging or playing or visiting an amusement park.
- Pretend that you are floating or riding on a magic blanket.
- Imagine you are watching the clouds float by and pretend they are different animals. Now pretend that one of these clouds has turned into a cloud car that you can drive.
- Pretend you have a cool superpower that you hide from people. Imagine what this power is and how you use it!
- Imagine you are something else, like an extraterrestrial or a spaceman or a superhero.

### Fantasy Land Game

Now imagine yourself in a fantasyland. You are the King or Queen sitting in your throne. You see your horse and you saddle up for your ride.



Now relax your muscles so you sit comfortably and drop your shoulders. Feel your breathing and release all tension from your legs. Now feel your shoulders sagging, and breathe deeply.... you are calm and relaxed riding your horse in your fantasy land.

You may start to listen to your audio or continue using your imagination.

- What is your horse's name?
- How does your horse look?
- Is the horse's coat soft?
- Can you smell the leather of the saddle?

This is a place for you to relax. You may open your eyes or close them.

### Flying Blanket Game

Imagine you are at a picnic sitting on a colorful blanket. You have all of your favorite things to eat and drink. Now imagine you eating, drinking, and having fun. After the picnic, you decide to hop on your blanket and float around. You can fly just a few inches off the ground or higher up. You can fly over bushes and trees and up into the sky.

You are the pilot, and you are in charge. You can visit your friends or fly through the clouds. You can speed up or slow down.

### Floating Game

Imagine you are floating on a raft in the river. As you float, you notice all the colorful scenery. You can float for as long as you like and go wherever you want. You can even get off of your raft and visit cities or towns.

What to Expect: **A Calm Feeling and time going fast.**

Throughout your day: Remember deep breathing calms you. **Most of all - HAVE FUN!**