



YOU ARE NOT ALONE: BE BRAVE

VISUALIZE YOUR ROUTE TO CALM

When we find ourselves speeding down the anxiety highway towards a destination we know will only compound the current stress we are feeling, it can sometimes feel like autopilot has been switched on and we cannot find the off switch

All we can see in our mind is the chaos which surrounds us

However, much like a 5 year old can describe with astounding detail what they imagine Christmas morning will look like 3 months in advance, with all of the lights, decorations and presents, only to become enveloped in enthusiasm; we too can adjust our emotional state by focusing on a single image, or a single scenario that brings us joy and peace of mind.

TECHNIQUE:

- 1 Before beginning, we should have a small mental library of images, of locations, of situations or people, that we can focus on to shift our mood in a desired and positive direction. Images that calm us, those that inject joy, and others that recharge our battery, all have a role and a place in our mental archives.
- 2 Remove yourself from your current circumstances and relocate to a quiet, private place of solitude.
- 3 Sit in a position wherein your body is comfortable, and you can relax. Remove any technology that may interfere.
- 4 Begin your 4 square breathing techniques.
- 5 Retrieve an image from your mental archives that suits the direction you are hoping to go.

- 6 Slowly examine this image. Recover details: the colours, the textures, the shapes, the surroundings. Bring in the sounds and the smells to create a more thorough image.
- 7 Hold that image in your mind. Do not rush away. Your job is to remain on your brief mental vacation. And then, **Breathe!**



Funded through a grant from the Funeral Service Foundation.

