



YOUR MIND MATTERS

IMAGERY

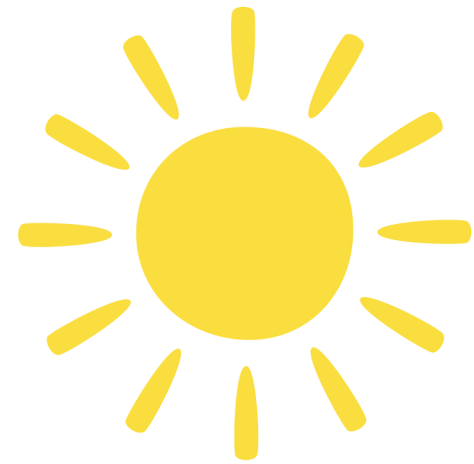
Difficult feelings such as sadness, worry or stress can be hard to manage sometimes. Techniques like imagery can help us to feel calm and relaxed.

During this exercise, it can help to imagine a place that feels happy and comfortable. Or, you can also think of a happy memory.

Firstly, imagine what you can SEE around you. Take notice of everything that you can see, near and far. Think of all the colours and textures that you can see.

Next, imagine what you can HEAR. Can you hear the sound of the sea, trees, traffic in the distance, or people talking?

Imagine what you can SMELL. Does it smell fresh like the outdoors, or like food from a café nearby.





IMAGERY

Lastly, imagine what you can FEEL. Take notice of any grass under your feet, your soft clothing, the sun shining on your skin.

Allow your body to feel heavy as you surround yourself in your imagination.

Take as long as you need to calm and soothe yourself until you feel relaxed. When you are ready, slowly bring yourself back to the present moment and take notice of how your body feels, drop your shoulders and relax your jaw if they feel tense.

Whether you used your imagination or a memory, you might like to draw a picture so that you can always remember it. You can also add what you could hear, smell and feel too!





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