



VISUALIZATION EXERCISE

Visualization is creating a mental picture of something. Doing this exercise when you have pain is very effective. The more real your image is, the better this exercise will work.

How Do I Do It?

The first step is to relax. Sit or lie in a comfortable position, and make a conscious effort to feel each part of your body relaxing.

The second step is to visualize. Pick a scene that is relaxing to you. You might picture the beach, or a lake, whatever makes you feel calm. Now focus on that one scene and really think about what you hear, what smells are there, what do you feel? For example, if you picture the beach, can you feel the sun, is there a breeze blowing? Can you smell food or suntan lotion? Can you hear children playing? Can you see the waves crashing? Really think of the scene as if you are there. Use all five senses in this exercise to get a very detailed scene.

It may be difficult at first, but keep practicing. You may find that you will fall asleep while you are doing this exercise. The more you do this the more peaceful and comforting your scene will become.