



Firefly Counseling NC

Community, Creativity, Education, Empowerment

Visualizing

Visualization assists us in grounding, self-soothing, or taking a mental health moment to pause. Visualization can be formal as in a comfy chair, a scented candle, a soft blanket to set the tone or it can be in public while sitting and deep breathing to calm the body. There are lots of types of visualization strategies through meditation, art, and more. This is one option. Below are some tips to assist in structure for this exercise. .

Steps	Questions	Reminders
Imagine a space that is safe for you.	It doesn't have to exist. It's ok to be surrounded by mermaids or dragons.	What location helps you to feel safe, soothed, and relaxed.
Imagine the details of the location.	The time of day? The feeling of the air, the weather? What is surrounding you? What other beings are present? What is there that is soothing?	Does it include animals, people, or only you? Does it require a chair, hammock, etc.
Imagine how you interact with this space.	Touching grass? Eating a delicious meal? Singing? Dancing with fairies? Diving into a waterfall?	This action may be relaxing (restful) or it may be replenishing (energizing, feeling authentic).
Imagine existing here.	Taking deep breaths. A slight smile. Feeling safe and valued.	What feelings are important to you in this moment?
Create this image	In your mind and also... On paper? Digitally? With reminders in your home i.e. candles, quotes.	What will help you to recall this image when needed?
Remember this image. Pause, stare at a spot or close your eyes. Picture it. Take 10 deep breaths.	With deep breaths, inflate your belly with inhale, deflate belly with exhale, just like a balloon.	Be mindful of clenching your jaw, holding your breath, tensing our shoulders. Allow your body to reset.