



# WORKSHEET 10

## Visualise when you want to relax

**1** Close your eyes, count from 1 to 10.

**2** Realise what state you are in - fatigue, nervousness, body tension.

**3** Imagine that your whole body goes limp, the tension from the muscles disappears like smoke. The body gets heavy, collapses into an armchair or chair. You begin to feel calm; your heart slows down and your head becomes light.

**4** Mentally say the supportive phrase "my body is light, my head is light, the tension goes away, and I feel more and more relaxed."

**5** Recall your relaxed character in your mind. Imagine exactly what you look like.

When you find it hard to imagine behaviours or states, start by imagining smells, colours or shapes you like and places you know or feel good in.

**I LOVE MYSELF!**

