



4 Weeks of Stress–busting Suggestions



“Calm down to emptiness.
Observe yourself.
Without nervousness, Without anxiety.

Take a deep breath..
Lay back & relax.”

– Nishant Garg

It's Week 3 Already!

Welcome, and thank you for continuing to be open to new and effective tools for your relaxation. This week we explore how to use visualization as a relaxation tool...read on.

Welcome to Week 3, Visualization

Visualization for Relaxation

This technique requires that you be sitting or lying comfortably for maximum benefit. It can also be done under other circumstances but may not be as effective. After finding a safe and comfy space allow your eyes to close and take about 3–4 deep relaxing breaths (refer to Week 1 Stress–Buster). As you relax, use your imagination to pretend that you are anywhere you want to be, doing anything you want to do. I'll give you an example:

As I take a deep breath, I notice the smell of the sea in the air...as I open my eyes, over the water I see the most amazing and beautiful sunset happening...I notice the different shades of red, yellow, and orange...the crashing of the waves is gentle today as I enjoy the fresh scent of the water. As I walk across the warm sand, I feel the sand between my toes...as I get closer to the water I notice a seagull taking off with a trophy from the sand below...as I approach the sea I walk into the water just far enough to cover my feet...i stand and notice my feet beneath the clear water and enjoy the breeze on my skin and the beauty of the setting sun...

So, the idea here is to create YOUR perfect place, your perfect activity, whatever you want! And allow yourself to enjoy to the fullest; notice every imagined scent, touch, taste, or any colors. Allow yourself to occupy the space, mind, and body. The imagination is an immensely powerful tool, and we have the power to use it to feel bad or to feel good...

Now, go find a quiet place and practice. I'm curious to know where some of you might go...if its not personal, feel free to share. Have fun...and relax.

See you soon for Week 4!

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