

1-Minute Guided Imagery Script

*“Let’s take a moment for a brief imagery exercise.
Sit comfortably, with your hands resting in your lap.
If it feels okay, let your eyes close or soften your gaze.”*

*“Take a slow breath in... and a long, easy breath out.
Let your shoulders drop a little on the exhale.”*

*“Now imagine a place where you feel safe or at ease.
It might be somewhere real — a favorite chair, a quiet room, a garden, or the shoreline —
or it might be a place you create in your mind.”*

*“Picture yourself there now.
Notice one thing you can **see** in this place...
one thing you can **hear**...
and one thing your body can **feel** — maybe the temperature, the ground beneath you, or the air on
your skin.”*

*“Imagine that in this place, there is nothing you need to fix or solve.
This is a moment where your body can be supported, and your mind can settle.”*

*“Take one more slow breath in...
and as you breathe out, imagine sending a signal of safety through your whole body.”*

*“When you’re ready, gently bring your attention back to the room,
letting your eyes open whenever it feels right.”*