



Imagery and Conditioned Relaxation

Webinar Handout

Introduction to Imagery Meditation

Imagery meditation is used to help you relax by going on a mini vacation to a place that you find very restful and calming. In MEI's Meditation Series, we've practiced several different imagery meditations, such as using the visual of a lake, mountain, and beach. This particular meditation encouraged participants to imagine a place where they felt most relaxed and stress-free. While meditating, participants were encouraged to use all their senses imagining this special place.

Introduction to Conditioned Relaxation

During the imagery meditation, conditioned relaxation was introduced where participants used a relaxation cue word and timed it with their out breaths. They were asked to practice deep breathing along with their cue word. Suggestions of cue words included *relax*, *calm*, or *be present*. Participants were asked to find a meaningful word to them and use it for at least 15 out breaths. Conditioned relaxation helps to develop an association between a cue word and feelings of deep relaxation so that the cue word can be used later to prompt rapid relaxation when needed during the day.

Additional Ways to Practice Mindfulness

- Complete one- to three-minute mindful check-ins throughout the day. Stop and check in with how you are feeling in the moment, both physically and mentally. Some people like to set calendar reminders to remind them to stop and take a breath.