



## **Beach Imagery Meditation Webinar Handout**

### **Overview**

This webinar introduced a beach imagery meditation.

### **Introduction to Imagery Meditation**

- Guided imagery is a form of focused relaxation that helps create harmony between the mind and body.
- It is a way of focusing your imagination to create calm, peaceful images in your mind, thereby providing a “mental escape.”
- Studies show that guided imagery can help people overcome stress, anger, pain, depression, insomnia and other problems.
- There are many ways to use guided imagery, such as visualizing a specific goal (for example, finishing a project or walking across the stage to get your diploma). There have also been studies done in using imagery to support healing, such as when cancer patients imagine their immune system’s cells attacking their cancer cells.
- The most important part of using an imagery meditation is to use all of your senses. In this way, you can trick the brain into believing you are really in the place you are imagining.

### **Guided Imagery Meditation**

The imagery meditation encouraged participants to visualize a beautiful beach, real or imaginary. The only requirement for this place was that it had to be a space where participants felt safe and comfortable. While meditating, participants were encouraged to use all their senses imagining the beach, hearing the waves, feeling the breeze on their skin, seeing the blue green water, etc. You can practice this imagery meditation as often as you wish, to provide a mental vacation whenever you need it.

### **Mindful Tip: Mindful Check-Ins**

Your mindful tip this week is to practice 1-3 minute mindful check-ins throughout your day. This is where you stop, take a few breaths, and check into how you are feeling in the moment, both physically and mentally. Perhaps set calendar reminders to remind you to stop and take a breath.