

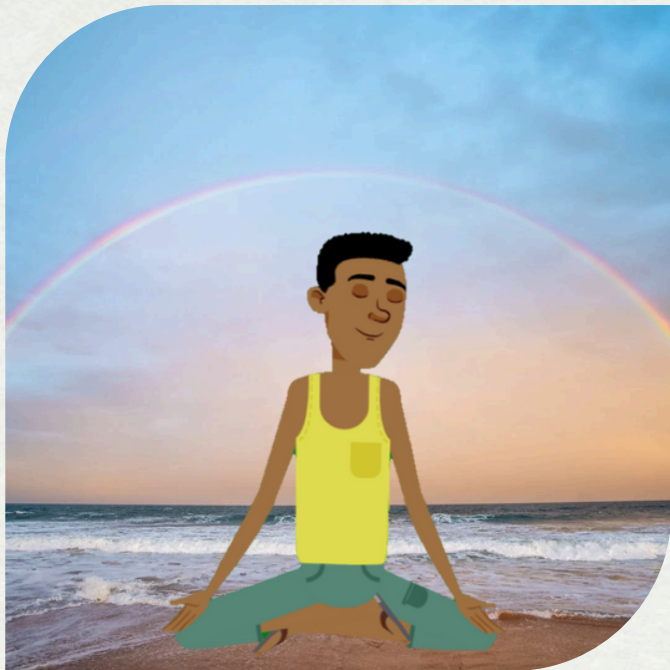
MENTAL HEALTH

GUIDED MEDITATION

Guided meditation, also known as guided visualization, is simply meditation following a guide's instructions. It is one of the simplest forms of meditation and is recommended by many practitioners. Guided meditation involves creating mental images of places or situations that relax you. During this type of meditation, you use all your senses, such as smell, hearing, and touch.

For example: Imagine that you would like to meditate on the beach. To help you imagine being there, you can...

- Sit on a towel
- Play a recording of the sound of waves
- Use a beach or sea-scented air freshener



This is one of the best methods to enter a state of relaxation. Guided meditation reduces stress in your life and can help you create many positive changes.

You can follow the script below, a recording, or a video. Ensure you are in a quiet place and a comfortable position. It is recommended to do this exercise with friends or family.

Watch the videos or listen to the recordings of guided meditation here:

Youth	Adults	Recordings

The following instructions for guided meditation are based on this resource from the [Clyfford Still Museum](#). Remember to take your time with each step. It is better if someone reads the instructions to you while you practice the guided meditation.

- Get into a comfortable position (sitting, standing, or lying down).
- Close your eyes. Take two deep breaths. Remember to breathe slowly.
- You will visit a tranquil place in your mind. Imagine a calm space where you feel safe, comfortable, and completely relaxed. Your safe and relaxing space can be indoors or outdoors... maybe a garden, a beautiful landscape... a place you like to visit... or a favorite spot in your home or community.
- As you enter this tranquil space, imagine releasing your anxieties, worries, and fears...
- Your stress and tension are melting away...
- Look around your tranquil space. Notice the details.
- What do you see? What textures or colors do you notice?
- What do you smell?... What do you hear?... Observe what is right in front of you in your peaceful space. Reach out and touch it. How do you feel?
- This is your special place where nothing can harm you... Where there are no demands on you.
- Notice that your toes, feet, and knees feel more relaxed... Notice that your legs, hips, and lower back relax...
- Notice that your abdomen and chest feel lighter...
- Notice that your heart fills with compassion...
- Notice that your shoulders and upper back release tension...
- Notice your face, eyes, and forehead... relaxing...
- Your body, mind, heart, and spirit are gently embraced by tenderness, care, and love.
- Maintain this feeling of being more relaxed.
- Remember that you can return and relax in this tranquil space in your mind at any time.
- Say this affirmation aloud or silently to yourself: "I am at peace. I can relax here. I can reach this tranquil inner space whenever I want."
- When you are ready, open your eyes.

Notice how you feel after completing this exercise. If this exercise worked well for you, add it to your list of resources to use when you are stressed.

