

## **Self-Care Relaxation Exercise with Visualisation**

1. Find a quiet and comfortable space where you will not be disturbed. Sit or lie down in a relaxed position.
2. Close your eyes and take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Allow yourself to relax gradually with each breath.
3. Visualise yourself in a peaceful and serene place. It can be a beach, a forest, a meadow, or any location that brings you a sense of calmness and tranquilly. Imagine the details of this place—the sights, sounds, smells, and textures.
4. As you immerse yourself in this visualised setting, pay attention to your body and notice any areas of tension or discomfort. With each breath, imagine exhaling the tension and allowing your body to become more and more relaxed.
5. Now, focus on each part of your body, starting from your toes and moving upward. Imagine a warm, soothing light gradually enveloping each body part as you bring attention to it. Visualise the light easing away any tension or stress, leaving that part of your body feeling completely relaxed and at ease.
6. Continue moving from your feet to your calves, thighs, hips, abdomen, chest, back, arms, hands, shoulders, neck, and finally, your head. With each body part, visualise the light soothing away any tension and promoting deep relaxation.
7. Once you have reached the top of your head, take a few moments to immerse yourself in complete relaxation and peace. Enjoy the serenity of your visualised environment and fully allow yourself to experience calmness and tranquilly.
8. When ready, gently bring your awareness back to your physical surroundings. Take a few more deep breaths, wiggle your fingers and toes, and slowly open your eyes.

You can repeat this visualisation exercise as often as possible, whenever you need relaxation and rejuvenation. Adjust the details of the visualised setting to suit your preferences and make it as vivid as possible to enhance the effectiveness of the exercise.