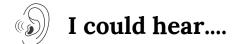
GUIDED IMAGERY

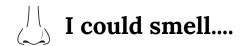


Practicing Guided Imagery can help us to relax, sleep better and cope with times when we feel worried, overwhelmed or anxious

A time I felt relaxed and safe...











A picture of my special place...

A word to help me remember my special place...