

# Mind Pictures.



Mind pictures are fun and easy to use! You can make a Mind picture by using your imagination to focus on pictures in your mind. Mind pictures can help you to relax.

You can use this skill when you are having a procedure done or when you can't sleep. If you use it while having a procedure done, you may be concentrating so hard on your mind pictures that you do not notice that the procedure is happening.

Lets have a go! Firstly, you need to lie or sit comfortably. Close your eyes and let your muscles go all soft and floppy. Imagine a place that is warm, safe and makes you feel happy. You could imagine that you are at the beach, swimming under water, in a garden, in fairyland, at the circus, on an island, in space, at the zoo or in a jungle. Let's practice by imagining that you are in a jungle.

- What can you see?
- What are you wearing?
- Who is with you?
- What are you doing?
- What can you smell?
- What can you touch?
- What can you hear?

