

Steps for Practicing Guided Imagery for Anxiety Include:

- Sit or lie down in a quiet area where you will not be distracted
- Begin by taking several deep breaths and focusing on breathwork
- Imagine a scene that you feel comfortable in
- Think about the experiences of your scenes in this place.
- Allow yourself to explore the location in your mind



Guided Imagery Relaxation Anxiety

Keira P. Mason



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