

Facilitator Guide: Visualizing a Relaxing Space

Introduction: Why Visualization Can Help

You Say: "Our imaginations are powerful, and sometimes just imagining a calming or motivating scene can shift how we feel. Visualization can be used to reduce stress, prepare for a challenge, or bring a sense of peace to a difficult moment. Today we're going to talk about how to use this simple tool."

Key points to highlight:

- Visualization is the practice of using your imagination with intention.
- It can help with **stress relief, sleep, motivation, and focus**.
- You can use it to picture a relaxing place, a future goal, or a version of yourself taking positive steps.
- This practice is personal, there's no wrong way to visualize.

Step 1: Explore the Concept with the Group

You Say: "You've probably already used visualization without realizing it—maybe imagining what a vacation would feel like or rehearsing what you'll say in a conversation. This tool takes that natural ability and turns it into something you can use to support your journey."

Ask the group:

- "Have you ever used your imagination to help calm down, get motivated, or face something hard?"
- "What kinds of images or places help you feel peaceful or focused?"

Offer examples:

- A calm beach, forest trail, or cozy indoor space
- A future moment of success—like confidently getting through a stressful day or saying no to a trigger

Facilitator Quick Tips:

- Keep it casual and creative—some may picture images, others focus on sounds, words, or feelings.
- Let participants know they can do this quietly on their own anytime.

Step 2: Encourage a Try or Takeaway

You Say: "You don't have to do a full guided visualization right now. But this week, if a moment feels tough, try closing your eyes and imagining a place or scene where you feel calm and safe. See what happens."

Optional reflection:

- What kinds of images or scenes feel comforting to you?
- When might be a time this could be helpful?

Summary

The **Visualization Practice** tool invites participants to use their imagination in a purposeful way—to relax, cope, or stay focused on their goals. It's flexible, accessible, and easy to try anytime they need a calming reset or motivational boost.