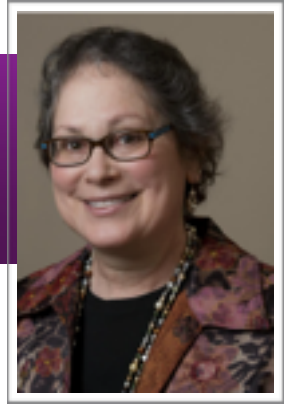


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Creative Visualization

One of my (and my clients') favorite tools to use when in a stressful situation is creative visualization. Like any new habit or skill, this will require practice.

You might feel anxiety in specific situations such as:

- being in a dentist's chair
- waiting on test results
- getting lab work done
- driving in bad weather
- and many other "triggers"

Or you may feel anxious for no reason at all.

Here are step by step directions for creative visualization.

- be in a quiet setting
- be in a comfortable position
- imagine your favorite place where you always feel safe
- fill in as many details as you can
- use all your senses in your imagery
- practice your safe, comfortable imagery five times a day for five minutes
- notice how your body relaxes when you practice

With regular practice, you will be able to draw on the image and then, the response will follow quickly. Your anxiety level will come down. Is it really that...easy? Yes! Yes it is.