



# Pause, Reset, Nourish:

## The Power of Visualization

### WHEN TO USE

- Any time you need to shift your focus out of negative thinking or you need a boost to remind yourself about something good

### CATEGORY

Thinking or cognitive strategies

### THE SCIENCE BEHIND THIS PRACTICE

Our imaginations can take us anywhere our minds can fathom. We can use the power of visual images/pictures to help bring our stress level down by shifting what we are focusing on. Remember that the body will respond to whatever the brain is focusing on. If the brain is focusing on something relaxing, calming, enjoyable, or positive the body will re-regulate in response. The key is to image in as much detail as possible using all our senses to make what we are imagining as real or vivid as possible.

### OVERVIEW

Taking a few moments to imagine something relaxing, calming, enjoyable, or positive making it real in all its dimensions (see science box).

WHAT IS NEEDED	Only your imagination or memory.
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	<p>If possible, take a moment away from distractions.</p> <ul style="list-style-type: none"> <li>Close your eyes (if comfortable), or have a soft gaze</li> <li>Sit or stand comfortably with your feet grounded onto the floor</li> <li>Take long, deep breathes (your abdomen should expand like a balloon filling with air when inhaling and should deflate when exhaling)</li> <li>Hold for a few moments between inhaling and exhaling, slowing your breathing down gently</li> <li>Imagine a place where you feel relatively safe or relaxed (real or made up). You can also replay your favourite vacation or day and run it through your mind like a movie.</li> </ul>

	<ul style="list-style-type: none"> <li>• What do you see? What do you hear? What do you smell? What do you feel? What do you taste?</li> <li>• Fully immerse yourself in this place</li> <li>• Re-focus on your breathing</li> </ul>
NOURISH	Notice once again what is here for you now with curiosity and without judgement. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.
FURTHER RESOURCES/ REFERENCES	There are numerous “Safe Place Visualizations” on You Tube. Find one that speaks to you.

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.