

Keeping Your Cool with a Stress Management Guided Imagery Journey

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Leadership Training 101



You will need a creative partner who reads and tells a story with great passion and emotion. Also find a quiet room that you can darken. Now, sit in a comfortable position. Close your eyes and have your partner begin reading and allow the process to flow through you. You always have control and can open your eyes at any time. The reader must relax and read slowly.

< b>Note to the reader: Notice where I have placed pauses. Watch the person's body language. Do not be quick to move on, but at the same time pausing too long will create a distraction and could change the effectiveness of the exercise.

I want you to close your eyes and focus on being present and in the moment. When you are 100% present let me know by saying "I'm here". It is best to keep your eyes closed throughout this whole process for the maximum experience. I will tell you when to open your eyes at the end of the journey. Now, I want you to take a deep long breath and blow it out slowly. Take another breath and this time as you blow out the air, imagine all worries and concerns are being blown out as well. Take one last deep breath and this time as you blow out allow all your muscles to relax in your body.

Imagine yourself walking down a path in the mountains. **(Reader pause.)** Look at how the sun shines through the trees **(Reader pause)**. Feel the warmth of the sun on your face **(Reader pause)**. The temperature around you is just how you like it. Look around and take in the beauty of the flowers. Look at the butterflies as they pass in front of you and guide you along this mountain path. Their colors are so rich. Watch them flitter from one flower to another as if involved in some sacred dance. **(Reader pause)**.

In the distance you can see a clearing. As you get closer to the clearing you see it is a beautiful meadow with small yellow flowers, clovers and rich green grass. In the middle of this meadow is a large strong oak tree with branches so low you can climb right on it. Go to this tree.

Climb up the tree and lean back on one of the strong supportive branches. Look around you and let the surroundings resonate throughout your whole being. Feel the warmth of the sun on your face. Take a deep breath and let yourself feel at peace. Now, I would like you to touch a place on your body and every time you touch this place when you are stressed you will be right here in this tree and feeling this unexplainable peace. Do that now **(Reader pause)** .

Now, come down out of the tree. I want you to look around and take in all of the meadow's beauty. Now, start back down the mountain path and once again observe the sun shining

through the trees. See the sacred dance of the butterflies with their rich colors fluttering in front of you. Feel the warmth of the sun on your face. **(Reader pause)** . You are where we started, at the beginning of the path. I am going to count to three and on three you can open your eyes when you are ready. One, look around you and remember the beauty and serenity of this place. Two, start to feel yourself in your body. Three, when you are 100% present, open your eyes. Now ask the person how they feel, what was it like, and will they do it for you?

This exercise works best when you use this tool at least once a day for 14 days. So, make a conscious effort when stressed to touch that spot on your body that you chose and return to the peacefulness of the meadow in the moment. This will go a long way in reducing your stress level and giving you better control over yourself in tough situations. Just think about it; in a stressful situation, you'll just need to touch this spot and have the troubles melt away.

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