

## Guided Imagery: Put your worries away

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Place yourself in a comfy, cozy position. Close your eyes and take a long slow deep breath. As you breathe out relax your body.

Imagine that you are standing on a beach. See the beach in your mind. Think about a beach that you may have visited or saw on TV or in a book.

You can feel the sand beneath your toes and the sun is warm on your face. Look around you. In front of you is a huge ocean. It looks a silvery-blue color and the sunlight sparkles like tiny stars dancing on the surface.

You look at the ground and in front of you in the sand is the most glorious shell you have ever seen. You pick it up. It feels warm. Notice how smooth the shell is. Feel it with your fingers.

This is your magic shell. You can tell it your secrets and it will keep them. You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you at the moment. No matter how big or how small they are. The shell wants to hear them.

Whenever you have worried feelings you can tell your shell about them and it will hold them, so you do not have to feel so worried right now.

Now see yourself holding the shell close to your mouth. In your mind silently tell it whatever you wish. No one else will know what you say. Only you and your shell! As you say your words they go right into the shell.

Tell your shell your worries right now....

Now you do not have to feel so worried right now.

As you hold your shell close, all you feel is calm and happiness. You feel peaceful all the way from the tips of your toes, to the tip of your nose.

Guided imagery script for worries

Thought stopping tool for worries

Sleep tool if feeling worried before bed

<http://www.themindfulword.org/2012/guided-imagery-scripts-children-anxiety-stress/>