

[MUSIC PLAYING]

This section is guided imagery.

[MUSIC PLAYING]

Guided imagery allows you to use your imagination in an active way to promote relaxation.

[MUSIC PLAYING]

As you are relaxing and breathing comfortably, imagine yourself being on the beach.

[MUSIC PLAYING]

You are safe, comfortable, and relaxed.

[MUSIC PLAYING]

Take a look around the beach. See the white sand, the blue water, a few fluffy clouds in the sky, the birds flying, the green trees with their cool shade, the wave washing against the shore.

[MUSIC PLAYING]

You may even see a sailboat off in the distance.

[MUSIC PLAYING]

You are safe, comfortable, and relaxed.

[MUSIC PLAYING]

Feel the warmth of the sun on your skin.

[MUSIC PLAYING]

As you are walking on the sandy beach, feel the soft sand under your feet.

[MUSIC PLAYING]

While you soak your feet in the warm water, feel the wetness of the water as the waves wash up against your feet.

[MUSIC PLAYING]

Feel the breeze on your skin.

[MUSIC PLAYING]

You are safe, comfortable, and relaxed.

[MUSIC PLAYING]

Listen to the sounds of the gentle breeze as it goes through the leaves of the trees.

[MUSIC PLAYING]

Hear the sounds of the birds as they are flying and chirping in the trees.

[MUSIC PLAYING]

Smell the fresh air.

[MUSIC PLAYING]

Perhaps you can smell the salt in the air or any fragrances from the flowers.

[MUSIC PLAYING]

You are safe, comfortable, and relaxed.

[MUSIC PLAYING]

You can come back to this safe spot whenever you need to.

[MUSIC PLAYING]