

Guided Imagery

What is Guided Imagery?

Guided imagery is a relaxation practice where you bring positive images to mind that support healing.

During guided imagery you focus on something that helps you feel relaxed. This may be a specific object, place, or sound.

Guided imagery can be delivered by a trained instructor, through a recording, or as a self-guided practice once you have learned the skill.

How do I get started?

Ask your healthcare provider if guided imagery may support your health goals. The number of sessions needed may depend on the care team's recommendations and local policies.

How can Guided Imagery help you?

Guided imagery may support the management of Veterans with pain and cancer. It may be also be used for general well-being.



What to expect during a session?

Guided imagery may take place in a clinic, or virtual visit, either one-on-one or in a group. These sessions typically last 20 to 30 minutes.

Relaxation Often sessions begin with relaxation followed by bringing to mind images. The images you create might include a safe or beautiful place to help you relax.

You control the guided imagery experience. You and your provider create the session based on your needs.

Visit [#LiveWholeHealth](https://www.va.gov/wholehealth) for self-care tips and follow along videos.