

Daydream Relaxation Exercise

Pause and take a 10-minute daydream:

- 1. Get comfortable.** Sit, stand, or lie down in a comfortable position. Choose a quiet place where you are not likely to be interrupted. Relax your muscles as much as possible.
- 2. Breathe deeply.** Calm your breathing with slow, deep abdominal breaths.
- 3. Imagine.** Close your eyes and pretend you are in a place you enjoy.
- 4. Recall feelings.** Remember how you feel when you are there. Use as many of your senses as possible.
- 5. Gently return.** Slowly open your eyes and remember where you are. Take a breath and return to your daily activities.