

Wellbeing in Mind

Communication in Mind

Skills in Mind

Mood in Mind

Activities in Mind

Beach Visualisation

FACILITATOR HANDOUT

Sometimes we all need a break to give our minds a rest and take the opportunity to reset, and feel ready to face the challenges of the day. This visualisation gives you the opportunity to go on holiday whenever you need to.



Activity

Facilitator to start reading the script

Get comfortable



Relax your body by releasing any areas of tension. Allow your arms to relax...then your legs... now relax your neck and back

Breathe deeply into your stomach, drawing air fully into your lungs...and exhale. Keep breathing in and out

Become more and more relaxed with each breath

Allow your entire body to rest and feel relaxed

Imagine you are walking on a chalk path towards the ocean

You can hear the waves up ahead...you can smell the ocean spray...feel a pleasant, cool breeze blowing

You walk along the path...coming closer to the sea...as you come to the end of the path, you see the brilliant blue colour of the sea ahead

You walk onto a long stretch of white sand...the sand is very soft powder...imagine taking off your shoes, and walking through the warm, white sand towards the water

The beach is wide and long



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Hear the waves crashing to the shore

Smell the clean salt water and beach

You look again towards the water...it is a bright blue-green

See the waves washing up onto the sand...and receding back towards the ocean...washing up...and flowing back down...enjoy the ever-repeating rhythm of the waves

Imagine yourself walking towards the water...over the fine, warm sand...you are feeling very warm

As you approach the water, you can feel the mist from the ocean on your skin. You walk closer to the waves, and feel the sand becoming wet and firm

A wave washes over the sand towards you...and touches your toes before receding

As you step forwards, more waves wash over your feet...feel the cool water provide relief from the heat

Walk further into the clear, clean water...you can see the white sand under the water...the water is a pleasant, relaxing temperature...providing relief from the hot sun...cool but not cold

You walk further into the water if you wish...swim if you want to...enjoy the ocean for a few minutes...feel more and more relaxed...enjoy the ocean

Now you are feeling calm and refreshed

You walk back out of the water and onto the beach

Stroll along the beach at the water's edge...free of worries...no stress...calm...enjoying this holiday

Up ahead is a comfortable lounge chair and towel, just for you

Sit or lie down in the chair, or spread the towel on the sand...relax on the chair or towel...enjoying the sun...the breeze...the waves

You feel peaceful and relaxed...allow all your stresses to melt away

When you are ready to return from your holiday, do so slowly

Bring yourself back to your usual level of alertness and awareness

Keep with you the feeling of calm and relaxation...feeling ready to return to your day

Open your eyes, stretch your muscles...and become fully alert...refreshed and filled with energy
