



## **ENABLE EXERCISE #12**

### **Coping with Stress to Avoid Relapse—Visualization Exercise**

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Picture a scene in which you are perfectly relaxed. Perhaps you are lying on the beach on a warm breezy day. Continue to visualize this scene, noticing the warmth of the sun on your body and feeling more relaxed, as your breathing becomes slow and rhythmic.

You feel the warmth of the sun on your arms, legs, and face and how it totally relaxes and soothes all of your muscles. You actually can feel beads of perspiration form and your fingers and hands swell slightly as you continue to slow down your breathing and feel relaxed and calm. Focus on the sounds of the waves crashing at the beach, and feel the slight breeze of the wind on your face, as you continue feeling calm, comfortable, and very relaxed. Slowly open your eyes.

Practice this visualization when you experience stress and anxiety on a daily basis for 15 to 20 minutes.