

Calming Visualisations

Reel In Worry

Instructions

Guided by the content as described online, read the following instructions to lead this calming visualisation exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are comfortable, take a deep breath in.
- Feel your shoulders sink, your muscles release any tension that you are holding, and let your body relax.
- When you are ready, breathe in and out slowly.
- Focus on the present moment by paying attention to your breath. It may help you to count as you inhale and exhale. Continue to breathe in and out until you are fully relaxed.
- As you get comfortable with your breath, close your eyes and let us start our visualisation.
- Imagine that you are going fishing. Imagine the lake, the sea, or your favourite place to fish. Maybe it's a little river. You might be on a boat or at the shore.
- Visualise these details. All your worries are in the water, but you are above the surface.
- Now, one by one, we can reel in these thoughts and allow ourselves to process them at our own pace.
- We do not have to drown with our thoughts— they do not define us. We sit above the surface and can choose which thoughts we'd like to reel in.
- You may notice your thoughts and worries creep back in, but let's try to focus on the present moment. You are in control of your thoughts. They are there for you, swimming in the water, always available to you when you want to fish for them. But they do not need to be carried with us constantly.
- Now reel in the best thought you can find.
- How does that make you feel? Sit with that feeling.
- When you are ready, slowly open your eyes. How are you feeling?
- Let us take a few moments for reflection.

Source

This visualisation was inspired by Lisa Hughes and the Guided Visualization to Calm your Mind [video](#) produced by Khan Academy.