

Visualizing Ease

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



What we visualize has a great impact on how we feel. When consciously explored during times of stress (or in advance of a stressful situation), visualization can help us to find a greater sense of ease and equanimity with the scenario in question. Many athletes, for instance, use visualization as a tool to prepare for high stress events.

The following activity invites you to consider a situation that typically makes you feel uneasy or stressed and to use the power of visualization to imagine a different way of experiencing it. As you visualize this, engage all of your senses as you create a soothing, pleasing portrayal of an alternative way for the stressful situation to play out.

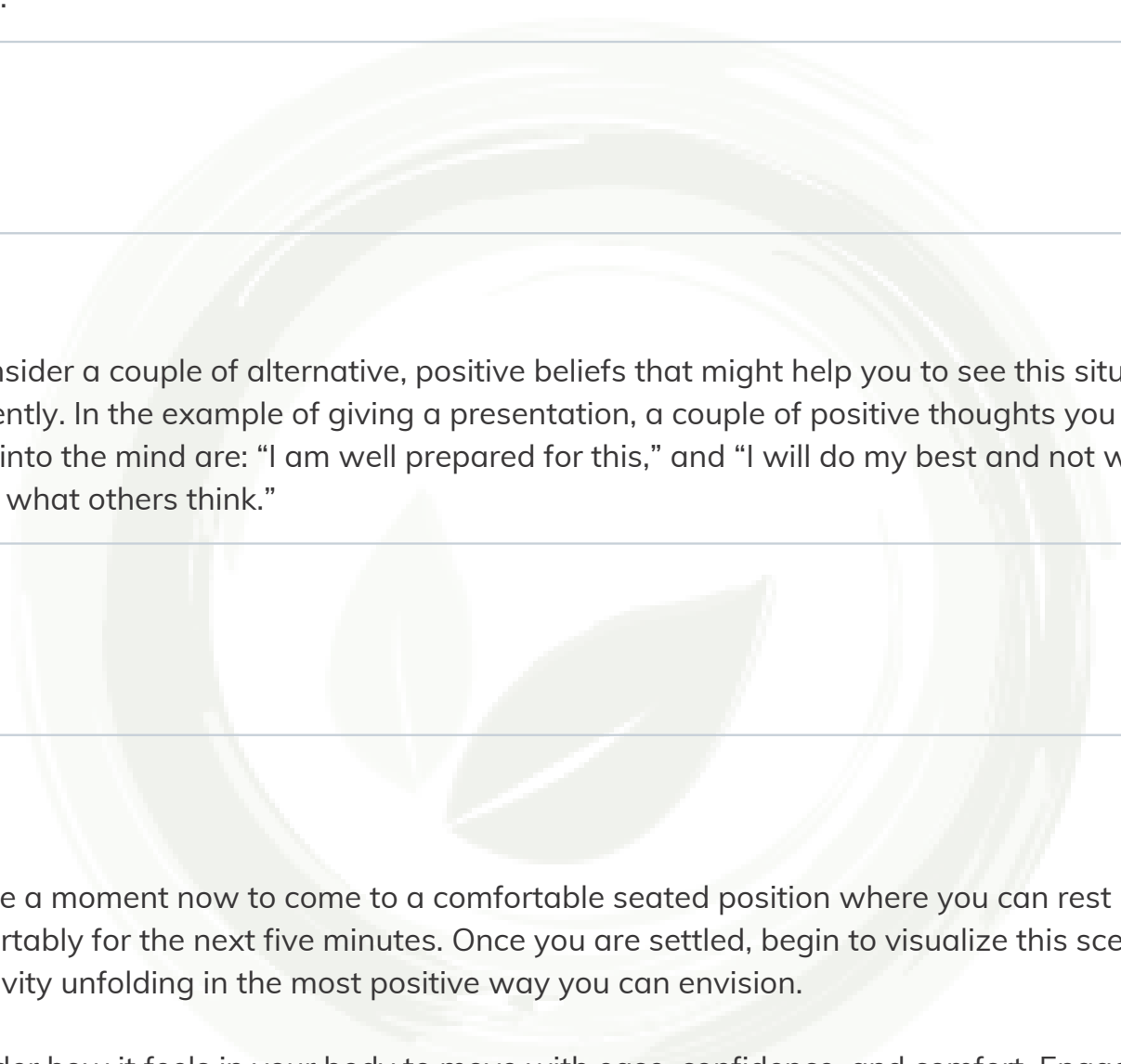
PRACTICES:

1. Start by considering a situation that makes you feel worried or anxious. If you experience intense anxiety, begin by choosing a situation that produces only a small to moderate amount of stress for you. Without getting caught up in the imagery of this situation, write down what that activity or scenario is in the box below:

Visualizing Ease

Mindfulness Worksheet

2. Write down any beliefs or stories you tell yourself that contribute to the feeling of stress or anxiety when engaging in this activity. For instance, if giving a presentation makes you feel anxious, an underlying belief might be, "I will probably get nervous and everyone will notice."



3. Consider a couple of alternative, positive beliefs that might help you to see this situation differently. In the example of giving a presentation, a couple of positive thoughts you could invite into the mind are: "I am well prepared for this," and "I will do my best and not worry about what others think."

4. Take a moment now to come to a comfortable seated position where you can rest comfortably for the next five minutes. Once you are settled, begin to visualize this scenario or activity unfolding in the most positive way you can envision.

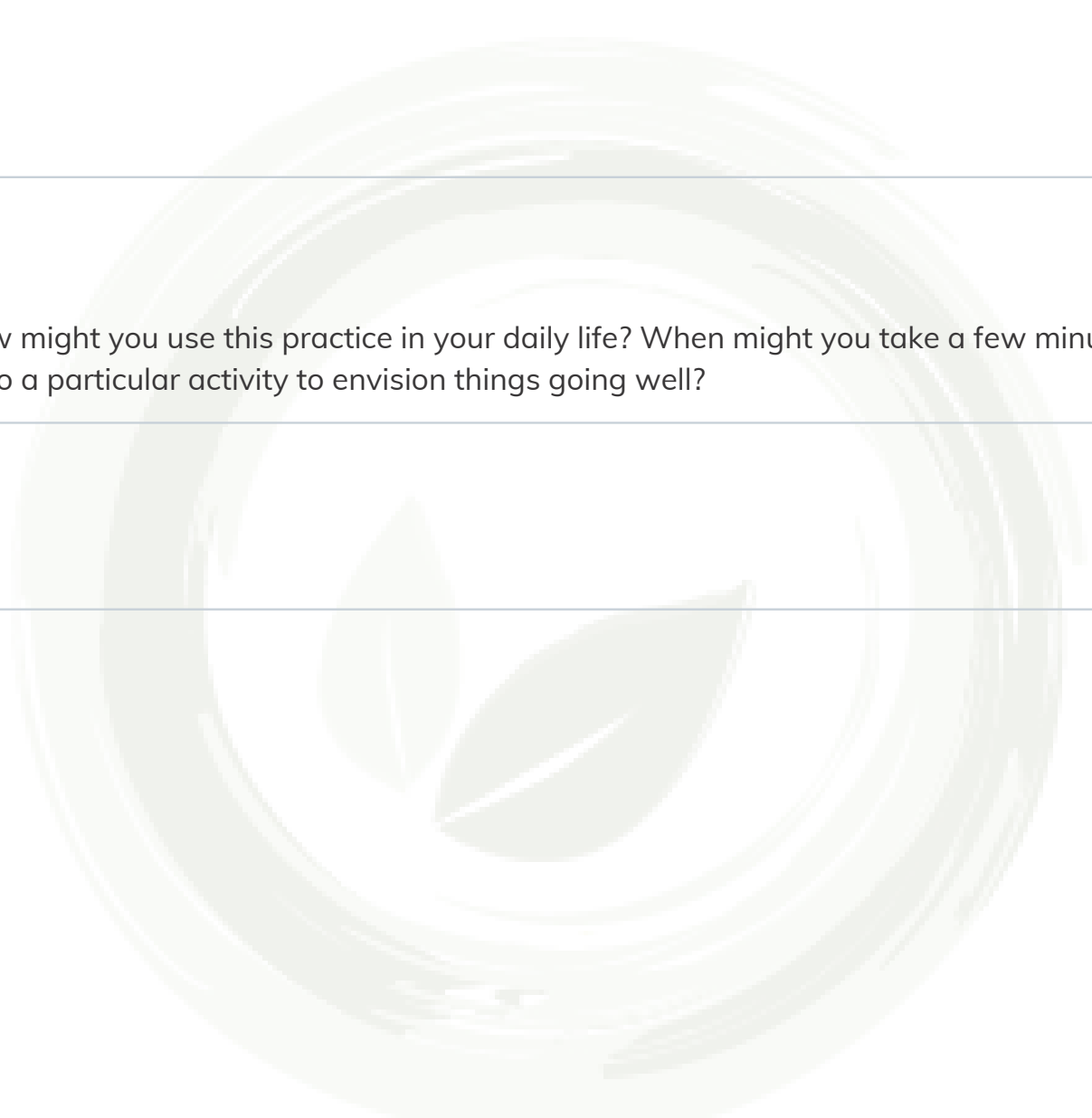
Consider how it feels in your body to move with ease, confidence, and comfort. Engage all of your senses as you create this visualization. Ensure that what you are envisioning includes the feelings of success, peace, and ease.

Spend around five minutes visualizing this. When you are ready to finish the practice, let the imagery go as you take three deep breaths and then open your eyes.

Visualizing Ease

Mindfulness Worksheet

5. How did it feel to visualize your chosen activity or scenario in this way? What feelings did it bring up in you? What thoughts or beliefs did it help to affirm?



6. How might you use this practice in your daily life? When might you take a few minutes prior to a particular activity to envision things going well?