



AnxietyLab.org
3-4-5 Program Course

Method #5
Cool Blue Visualization

Imagine your whole nervous system. Combined with the peripheral nervous system, the Central Nervous System runs from your brain all through your body – nerves running through your body like a highway system. This is where anxiety lives.

Imagine the “top” of your central nervous system, the amygdala. Imagine it's blue, cold and frosty. Imagine your new calm “cool blue” nervous system that stays frosty and calm all the time. Use this image in meditation or as a calming technique.

Perhaps you'll give yours another nick-name? Another color or metaphor? Once you've visualized what your calm new central nervous system looks like, take the time to solidify that image by turning it into art of some kind. (Doing that further activity turns this into a tool you can use from now on to calm or focus yourself.)

