

Guided Imagery Audio-Walk in the Forest

Guided imagery exercises have been used for decades to help with many types of mental health and physical health problems. When you listen to a guided imagery audio, you enter a deep state of relaxation which has measureable effects on your brain and your body. Your brain produces less of the chemicals associated with stress and more of the chemicals associated with feelings of relaxation and well-being. Your blood pressure and heart rate are typically lowered and some people report the lessening of physical symptoms like asthma or pain.

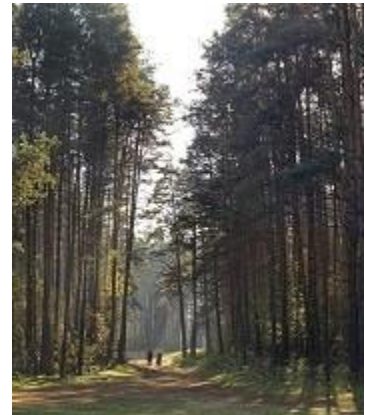
Psychological benefits of guided imagery exercises include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

Like other forms of relaxation, guided imagery is most effective when it is practiced on a regular daily basis. Practicing relaxation techniques just 10 minutes a day can “train your brain” to improve your ability to handle common problems like anxiety and depression.

This audio will take you down the path of a quiet forest, encouraging you to relax through deep breathing and an awareness of your sensory experience.

[Click here](#) to listen to this audio. Right click the screen to download the audio to your computer and from there you can transfer it to a smartphone or other audio player. Use it whenever you are feeling anxious or stressed.



The script for this audio is used by permission from Georgia Southern University Counseling Center with background music from inchadney on the Freesound project and editing by Martin Grant. Run time: 8.5 minutes.