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During stressful times mindfulness can be especially beneficial for our physical and emotional health. Recent studies out of Stanford have shown that hospital patients experienced 29% less pain after just one 15-minute Hypnotherapy session.

Below are some simple Guided Imagery exercises you can do yourself as you take time for positive self-reflection and declutter your mind. Find a quiet place where you can be undisturbed for 10-15 minutes and make yourself comfortable... take three long slow deep breaths and begin.

**1: The Ocean Wave.** Imagine writing your worries on the sand of a beautiful private beach as a comfortable breeze carries to scent of the salt air to you. Watch as a large rolling wave washes your worries out to sea... stare over the vastness of the ocean and know that the universe exists to support your physical body... walk over to the spot where your worries were once written in the sand and enjoy the texture of the fresh clean sand between your toes as you take in three deep breathe of the clean salty air...

**2: The Balloon:** Imagine a large red balloon. Take a long, deep breath and s-l-o-w-l-y blow any stress, tension, and anxiety into the balloon... feel a sense of lightness as the tension leaves your body and the balloon becomes larger and larger... full of the tension that was in your body... when you have filled that balloon with your long slow breaths of stress and tension... Let it go... Watch as it floats higher and higher... beyond the trees and through the clouds... and as it becomes smaller and smaller it disappears from view... taking with it all unnecessary tension and stress... leaving you free and light...

**3: The Healing Mist:** As you begin to drift into sleep imagine that you are surrounded by a healing mist that is cleansing you of all tension and negativity. It is the perfect temperature as it envelopes you in pure love and cradles you in the most comforting... safe feeling that you have experienced... The mist becomes denser until you become aware that it is absorbing all your worries and your body feels like it is cleansed of all the negativity that has been weighing it down... drifting deeper as you sleep the most restorative sleep... whether a brief nap or an entire night... you awaken... the mist has disappeared ...feeling a wonderful energy shift... you feel brighter and happier... fortified... and more optimistic.

Let peace and comfort surround you throughout your day...

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