

Mental Vacation: Relaxing Beach



Find a quiet comfortable place to sit or lie down.

Close your eyes. Take a few slow, smooth breaths. With each breath, breathe IN relaxation and breathe OUT any worries or stress. Let go of all the tension in your body. Allow yourself to slow down. Feel the pace of your heart and lungs becoming slower. Feel your body sinking more and more deeply into relaxation. Give yourself this time. Everything else can wait. Allow yourself to quiet and enjoy the feeling of letting go.

Now imagine that you are on a long sandy beach by a sapphire-coloured ocean. The sky is blue and wide. The waves are gently breaking on the shore. Slowly the waves retreat back out to sea, only to be replaced by other waves working their way up the beach, and then slowly retreating back out to sea again. With each sound of the waves coming in and going out you find yourself feeling more and more relaxed and at peace.

Far off in the distance, you can hear the faint sound of seagulls. You watch them glide through the sky, gracefully swoop down into the sea, and then fly off once again. Puffy white clouds very slowly drift across the sky. The sun feels so warm and comforting on your skin. You take a moment to enjoy the warmth on your face.

You close your eyes and take a slow, deep breath... You can smell the salt from the sea. Feel the warm air coming in and out of your body. You feel your body begin to get very heavy. It feels almost as though you are sinking into the warmth of the sand. You feel at ease and content.

For a few moments more, let yourself enjoy the sights and sounds of this beautiful day on the beach. The gently breaking of the waves, the smell and taste of the sea, the cries of the gulls in the distance, the warmth of the sun on your body. All of these sights, sounds, and smells leave you feeling very calm and relaxed.

Let yourself continue to drift. Be aware of how deeply relaxed your mind and body feel right now. Remind yourself that you can create these feelings on your own, at any time.

Now, take a moment to scan through your body. Discover any tension you are holding. Then, inhale relaxation into that area and exhale the tension. Come back to this peaceful beach in your mind as often as you like or create your own place. Let this peaceful place recharge your mind and body.

Stay here as long as you like. And when you are ready, you can gently bring your attention back to the room, returning to the present moment.