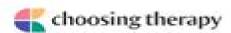
What Is Guided Imagery?

Guided imagery is a type of meditation in which a person creates a mental image of a specific object or experience and uses the body's five senses to calm their mind. It can be used to manage stress, depression, anxiety, and physical pain. It can also be used to improve one's relationships and self-confidence.



Exercises Guided Imagery Examples

Yijin Wang

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