


Annex 2 – Call to Action Activity Template

Theme: Stress Management

<b>Thematic Area</b>	Stress Management		
<b>Activity Title</b>	Visualisation for Practicing Self-Management Technique		
<b>Type of resource</b>	Self-Help Activity		
<b>Photo</b>	 <p data-bbox="683 1350 1158 1384"><a href="#">Photo by Amy Treasure on Unsplash</a></p>		
<b>Duration of Activity (in minutes)</b>	10-15 minutes	<b>Learning Outcome</b>	<ul style="list-style-type: none"> <li>Practice self-management techniques, such as deep-breathing, progressive muscle relaxation, and visualisation.</li> </ul>
<b>Aim of activity</b>	The aim of this activity is to practice visualisation as a self-management technique for reducing stress and anxiety and improving overall well-being.		

<p><b>Materials Required for Activity</b></p>	<ul style="list-style-type: none"> <li>• A quiet and comfortable space</li> <li>• A piece of paper</li> <li>• A pen or pencil</li> </ul>
<p><b>Step-by-step instructions</b></p>	<p><b>Step 1:</b> Find a quiet and comfortable space where you can sit or lie down undisturbed for the next 10-15 minutes.</p> <p><b>Step 2:</b> Take a few deep breaths and close your eyes. Allow your body to relax and release any tension or stress.</p> <p><b>Step 3:</b> Imagine yourself in a peaceful and relaxing setting. It could be a beach, a forest, a mountain, or any other place that makes you feel calm and relaxed.</p> <p><b>Step 4:</b> Use all your senses to fully immerse yourself in this environment. What do you see, hear, smell, and feel? Imagine the details and focus on the sensations.</p> <p><b>Step 5:</b> Visualise any stress or tension leaving your body with each exhale and imagine your body becoming more relaxed and at ease with each inhale.</p> <p><b>Step 6:</b> Take a few moments to focus on your breath and allow any thoughts or worries to simply drift away.</p> <p><b>Step 7:</b> When you are ready, slowly bring your attention back to your surroundings. Take a few deep breaths, wiggle your fingers and toes, and gently open your eyes.</p> <p><b>Step 8:</b> Take a few moments to reflect on your experience. Write down any thoughts or feelings that arose during the visualisation exercise.</p> <p><b>Step 9:</b> Practice this exercise regularly to reduce stress and anxiety and promote relaxation and overall well-being.</p> <p><b>Useful links to help complete this activity:</b>  <a href="#">GUIDED VISUALIZATION EXERCISE - How to Perform Visualization Correctly</a>  <a href="#">Visualisation as a self-care strategy</a>  <a href="#">7-Minute Self-Care Visualization</a></p>