

# Guided Relaxation

"Immune System Boost"

Today we are going to do a fun visualization to help ourselves be super strong and healthy and stay that way. Get comfy and close your eyes.

Take in a nice, deep breath through your nose. Fill up your belly like a big balloon, and then exhale slowly. When you exhale, let all your thoughts or worries just float away with your breath.

Let them all go.

Continue breathing slowly as you pay attention to your in-breath and out-breath. Let yourself become more and more relaxed with every breath.

Now, as you continue to relax and focus on my voice, we are going to use our imagination. Our minds are incredible because we can imagine anything we want. So, we always want to use our imagination in a positive way.

Now we will do that by imagining our bodies very healthy and strong which helps to keep them that way.

Inside our bodies, we have tiny white blood cells that are like strong little warriors protecting and defending us against anything that shouldn't be there. They help keep us healthy and strong.

You can be the leader of your own little warrior squad by always imagining them as strong, tough, mighty defenders of your body.

You can even encourage them by visualizing them and knowing they are doing an excellent job, always protecting you.

Imagine them now marching along swiftly, clearing out anything that doesn't belong in your body. Maybe you can imagine them beaming healing light at anything that shouldn't be there.

The light in your body is so powerful, nothing bad or harmful can stay there. Only goodness can stay in the light. You and your whole defender squad are healthy and fierce protectors, so you stay strong and full of happy, vibrant energy.

Our thoughts matter. So, in life we remember to stay focused on the positive. We want to think good things about ourselves, speak kindly to ourselves, and always expect the best from any situation.

We stay healthy with good thoughts, good intentions, healthy eating, and exercising, too. Remember to do the things that are good for you, like eating fruits and vegetables and thinking happy thoughts.

A simple statement to use every day is "I am always healthy and strong."

Take in a big, deep breath now and bring your attention back to the room. When you're ready, open your eyes and stretch your healthy, strong body. You've done a great job!

