



# Imagination Station



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

Remember a person, place, or thing that brings you joy or comfort.

### Imagine what you might:

- Hear
- Feel
- Taste
- See
- Smell

### WHY TO TRY:

Using your happy memories and imagination takes your mind off a worry, helps you feel peaceful, and regulates your feelings.

**Try to find a moment each day of the week to practice the tool.**



## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

