

# HeadFIT

## Mental Imagery and Visualisation

*Major Heidi MacLeod, SO2 Mental Fitness Training and Trauma Risk Management*

Sometimes you need to change your mood or shift your mindset. Maybe you're struggling to get to sleep or have a difficult task to finish, or just need to feel more confident. Well, there's evidence to show that if you picture something going how you want it to go, it's more likely to happen that way. It's called visualisation. Professional athletes do it all the time and you can too.

To start with, find somewhere quiet and lie or sit down. Close your eyes if that helps. Think of what you want to visualise. It might be a technique, a feeling, a skill or an outcome. Imagine it like a movie playing out in your head. Focus on how each of your senses will feel and respond. What can you see? What will you hear or smell? What can you touch? Think of a word that sums up this experience and try to remember it for the future. Picture how good it feels to be in the state you want to be in, or what it feels like to have finished a task. It helps if you visualise it as often as you can. The more you do, the more likely it is to work and practice makes perfect.