

ACHIEVE SUCCESS through **Mental Imagery**

Mental imagery is using our minds to visualize and experience a situation as realistically as possible.



When we create vivid images of an activity or emotional experience, it activates and strengthens connections in the brain as if we were actually engaging in that activity.



Mental imagery is a full body experience, that involves the five senses

How to Use Mental Imagery

- **To Rehearse Mentally** – Mentally visualize a specific activity, step-by-step.
- **To Boost Motivation & Confidence** – Imagine what success looks and feels like (i.e. winning an award). Or, imagine encountering and then overcoming obstacles you might meet when engaging in a task.
- **To Regulate Emotion** – Imagine experiencing anxiety/fear/excitement in a particular situation and then imagine using techniques that regulate or harness that emotion in a way that results in success.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  