

Imagine your thoughts are balloons.

Visualisation technique

Sometimes, when we are anxious, we tend to overthink. The same thought can go round and round, and we have the same internal conversation again and again. These thoughts tend to be the things we can't control so spending time worrying about them or overthinking will not change them.

Imagine then if you will that each thought is a balloon. You can see it wonder across your mind. You can choose to reach for the string and pull it down to engage with it, or you can acknowledge it is there, but let it gently float away.

Now imagine other things you might want to think about that are more pleasant or constructive. You might give them different colours. A soft blue for a memory of walking on the beach, a cool green for a memory of a walk in nature, a purple for a close friend or family member. Once your mind is able to imagine these thoughts as balloons, you can choose which ones to hold onto and look at, and which ones to let go.

