

Self Esteem Guided Imagery

Find a comfortable place to sit and close your eyes. Relax your body. Unclinch your jaw, relax your neck, and stretch any parts of your body where you may be holding tension.

Take a deep breath and focus on your breathing. Breathe in relaxation and breathe out tension. breathe in calmly and let all the tension go as you exhale.

Continue to breathe slowly, and gently, deepening your state of relaxation more and more with each breath. Deeper and deeper. More and more relaxed. Calm. At peace.

Bring your attention to your thoughts and begin to picture a place that creates a sense of calm and safety in your life. This place may be real or imagined. Allow yourself to travel to that place in your mind as you continue to focus on your breathing and deepen your relaxation.

Breathe in relaxation and breathe out tension breathe in calm and let all the tension go as you exhale. Allow the sights and sounds to wash over you. As you sit in this relaxation repeat the following positive statements in your mind.

I am at peace with myself.
I am grateful for the body I have.
I value myself as a person and am confident in myself.
I am a valuable human being and have a purpose.
I deserve to feel calm and relaxed.
I deserve to be happy.
I am human and am allowed to make mistakes.
I am learning and growing every day.
I allow my happy feelings to wash over me and work to be content.

Now it is time to leave your special place. Know that you can return here in your imagination any time to relax, feel calm, and be safe. Take with you the feelings of acceptance of yourself, and increased self-esteem. Continue to feel positive and accepting of yourself. Hold onto this secure feeling of self-esteem as you return to your day.

Guided Imagery Scripts

Jiyuan Zhang



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the england women s national lacrosse team represents england at women s lacrosse it is governed by the english lacrosse association they were runners up in the women s lacrosse world cup twice and have also hosted the tournament twice the team came 3rd in the 2017 women s lacrosse world cup which has held in oshawa canada 1

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as adopted by world lacrosse and ratified by all world lacrosse members the world lacrosse women s rule book is compiled and published by world lacrosse wl in addition to the rules guidance sections in italics are provided to give clarity and rule interpretations for umpires coaches and players

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each 12 players per team at the u s domestic level

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jun 10 2022 nlc has made this decision because of timescales related to world lacrosse s publishing of their latest rule book including the new rules instead these latest january 2022 rules will be implemented for the 2023 24 season to view the latest england lacrosse approved women s rules [click here](#)

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national lacrosse committee has voted in favour of implementing the world lacrosse women s field rule changes within the domestic game for the upcoming 2020 21 season the domestic game includes england lacrosse leagues regional school and university pending approval from bucs rules regulations meeting competitions

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in general the official rules of sixes lacrosse apply equally to both the women s and men s game where the official english language version march 2020 1st edition page 6 the game sixes lacrosse is played by two teams of six players each the purpose of each team is to score by causing

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usa lacrosse acknowledgement the ncaa acknowledges usa lacrosse the national governing body of men s and women s lacrosse and the former united states women s lacrosse association for their respective roles in developing and publishing the rules of women s lacrosse since 1932 the ncaa rules book was developed based on

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