

Escape From the Workplace With Positive Imagery

When you are at work do you ever wish that you could just run away? Do you have a job where you are often stressed out and wish that you could just take a second to center yourself, surrounding yourself by positive thoughts and energy? We all have these thoughts from time to time, some of us more often than others. **Feeling overwhelmed and like you need just a moment to gather your thoughts and return to a positive state of mind is very normal.** The thing is, this doesn't just have to be a wish, and you can make it happen for yourself through positive imagery.

The Workplace Escape

Positive imagery is the process of seeing yourself in a positive, relaxed, state of mind through your mind's eye. When you use positive imagery you can stop any time and imagine yourself being peaceful and surrounded by positive energy. When you do this you are recreating your reality for yourself instead of continuing on the road to hysteria as you become more stressed out, angry, sad, or overwhelmed. Positive imagery really can work wonders for you, every day. The power of positive imagery really is amazing and for most people it is something they have to experience to truly understand.

The problem that most of us have is that we allow for our emotions in the moment to dictate how we will act and feel for a whole hour, day, weeks, or even years at a time. When you use positive imagery you take back control of your behavior and your future. Instead of giving into the emotions in the moment, stop what you are doing at work and imagine yourself in your favorite place. Take in the feelings of relaxation and joy and then bring those feelings back with you to the current moment.

When you are at work it can be difficult to truly escape and this is why your tools for positive imagery need to be within reach at all times and also very discreet. **A lot of people find that free desktop wallpapers work wonders for them when they need some positive inspiration. This seems simple but it really works.** When you download beautiful pictures to your desktop you will find that they are always where you can see them and when you are getting upset or uptight you can look at the picture, imagine yourself there, and then bring that energy back to your workday with you. It really is this easy.

The great thing is that you don't have to pay anything for some really beautiful and inspirational pictures that you can turn to whenever you need just that one moment to collect your thoughts and remember that a positive life is one that is more enjoyable and worth living. Look into some free desktop wallpapers to see which ones appeal to you the most, remember they are supposed to help you with positive imagery, so be sure to pick things that really jump out at you and will help you keep your sanity during the work day.

About the Author

Shannon M. Clooney is a motivation and personal development expert. She highly recommends you to [download free wallpapers](#) and [free calendar desktops](#) to inspire you to reach greater heights and accomplish more.

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