

Day dreaming

 60 minutes

Objective

- *To encourage participants to use day dreaming as a positive mental rest strategy, allowing the mind to wander freely in order to spark creativity, reduce stress, and restore emotional balance.*

Materials needed

- Comfortable seating (chairs, cushions, or mats)
- Printed copies of the Mental Rest manual
- Soft background music or ambient sound (optional)
- Paper or journals for reflection
- Pens or pencils
- Optional: blindfolds or eye masks to help participants block out visual distractions
- Optional: scented candles or essential oils to create a relaxing atmosphere



Tool Description

This tool explores the art of day dreaming as an intentional mental rest practice. Through guided imagination exercises, participants are encouraged to let their thoughts drift without structure or pressure, creating space for fresh ideas and mental rejuvenation. Rather than seeing day dreaming as a distraction, the session reframes it as a valuable pause that can enhance problem-solving, boost creativity, and improve overall wellbeing. Participants will leave with an understanding of how to integrate moments of day dreaming into their routines for ongoing mental restoration.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Mental Rest**
- Introduce the importance of **day dreaming** as a practice and let participants know this will be the main focus of this module

2 – Preparing for day dreaming

Participants are encouraged to find a comfortable posture and remove distractions. The facilitator may dim the lights, play soft background music, or suggest closing the eyes. Participants are reminded that the aim is to let thoughts flow naturally without judgment or the need to focus on a specific goal.

3 – Guided day dreaming exercise

The facilitator begins with a short relaxation prompt, such as a breathing exercise, to help participants release tension.

They are then guided into an open-ended imaginative journey, perhaps picturing themselves in a peaceful place, imagining future possibilities, or simply noticing the shapes and stories their minds create on their own.



4 – Reflection and journaling

After the exercise, participants open their eyes and take time to capture any thoughts, images, or feelings that arose. They may write about surprising connections, creative ideas, or shifts in mood and clarity. The facilitator reassures participants that all experiences are valid, whether vivid or subtle.

5 – Designing a personal daydreaming routine

Participants are invited to identify when and where they could include short day dreaming sessions in their daily lives. This might be during a lunch break, on a commute, or before bed. They consider how to set the scene, lighting, sounds, and posture, for maximum relaxation and openness.

6 – Sharing and closing

Those who feel comfortable can share what they experienced and how they might use day dreaming going forward.

The facilitator closes by reinforcing that taking intentional pauses for mental drift is not wasted time, but an investment in mental rest and creative thinking.



When Thoughts Feel Heavy...

Sometimes daydreaming brings up worries or negative thoughts. That's totally normal: it happens to everyone.

What to do:

- Notice, don't follow: Imagine your thoughts are clouds or passing cars. You can notice them without getting pulled in.
- Shift gently: If a thought feels heavy, try asking:

“What’s a place, idea, or memory that feels calm or interesting?”

Let your mind wander there instead.

- Create a safe space: Picture a cozy, peaceful place in your mind (a treehouse, a beach, a space pod) where worries can't reach you.



Reflection questions

- How did the day dreaming exercise make you feel? Did you notice any changes in your mood or mental clarity?
- What images, ideas, or memories came to mind during the exercise?

**In daydreams, the heart whispers what
the mind forgets to hear.**

- How could you integrate intentional day dreaming into your daily routine?
- Did this practice spark any creative thoughts or solutions to problems?
- Why do you think unstructured mental rest is important for your wellbeing?



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