

BE MORE IN CONTROL

WHAT IS Imagin Action?



SCAN ME TO
EXPLORE
imaginAction



ImaginAction is using your natural ability to focus and be absorbed in experiences to help you feel better in some way. Part imagination and part action, it is something you do in your brain using creativity and natural ability, which brings change in you body and brain.

If you would like to:

- be more relaxed
- feel OK not knowing exactly what will happen next
- be more in control of your feelings
- be more energized
- be able to sleep
- feel less nauseous
- be less anxious
- make your body more comfortable
- better manage chronic pain
- feel calm during procedures and pokes

Explore **ImaginAction** by scanning the **QR code** to explore the audio guide. Learn how to be the boss of your brain, your body and your experience.