

Using Guided Imagery for Wellness and Stress Reduction



Agenda

- Know what Guided Imagery is
- Understand the benefits of Guided Imagery
- Be familiar different types of Guided Imagery
- Experience a brief Visualization session
- Experience a brief Mental rehearsal session
- Experience a brief Guided Meditation session



Definition

According to the American Psychological Association, Guided Imagery is...

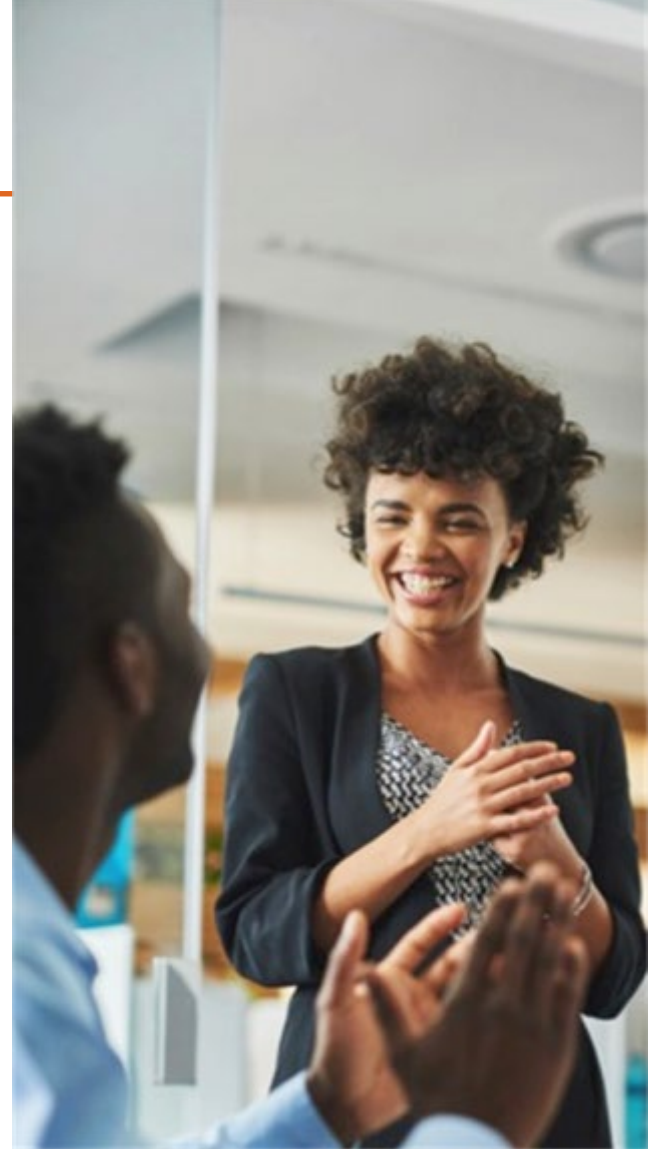
“...a mind–body technique involving the deliberate prompting of mental images to induce a relaxed, focused state with the goal of achieving such varied purposes as managing stress or pain, promoting healing, or enhancing performance.”



Benefits

Research shows guided imagery to be helpful in the treatment of:

- Stress
- Anxiety
- Grief
- Relationship issues
- Family and parenting issues

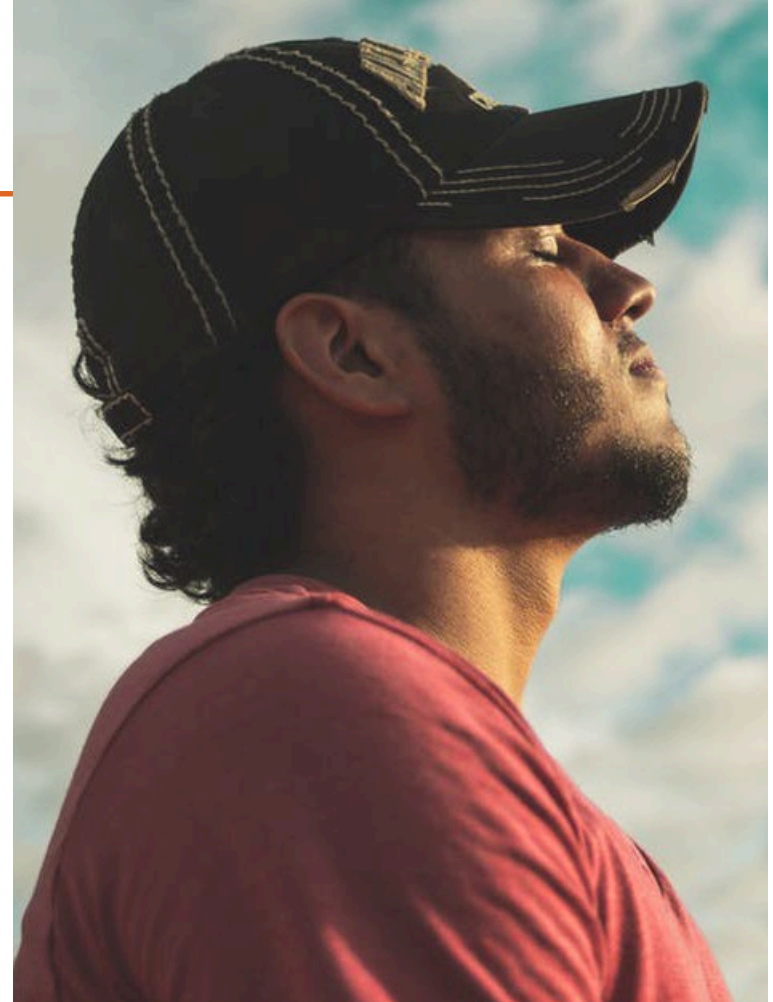


Doing Your Own Guided Imagery to Relax

1. Find a comfortable place to sit down. Close your eyes.
2. Start by taking a few deep breaths to help you relax.
3. Picture a setting that is calm and peaceful.
4. Try to add some detail. Use all five senses.
5. It often helps to add a path through your scene. As you follow the path farther into the meadow you feel more and more relaxed.
6. When you are deep into your scene and are feeling relaxed, take a few minutes to breathe slowly and feel the calm.
7. Think of a simple word or sound that you can use to help you return to this place.
8. Slowly take yourself out of the scene and back to the present. Tell yourself that you will feel relaxed.
9. Count to 3, and open your eyes.

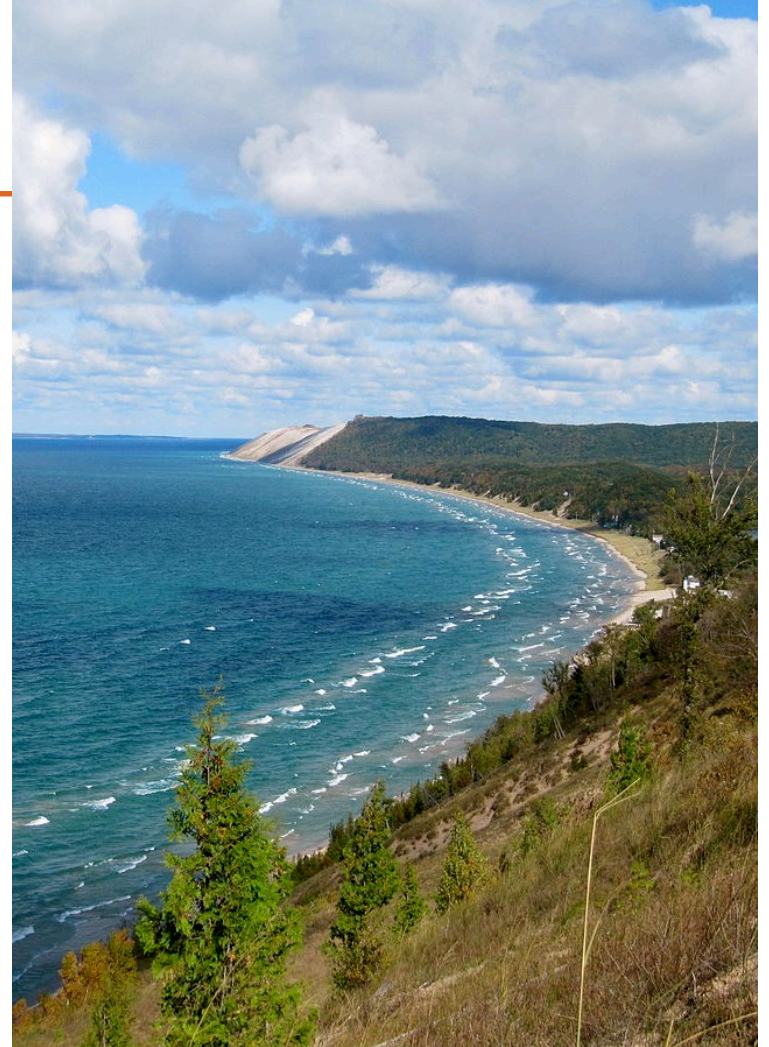
Different types of Guided Imagery

- **Relaxation imagery** involves conjuring up pleasant images that rest the mind and body
- **Healing imagery** to imagine energy moving freely throughout the body as a metaphor for good health
- **Pain control imagery**, through several imagery techniques
- **Mental rehearsal**, imagining a situation and its ideal outcome



Example One

On the beach



Example Two

Public Speaking



Guided Meditation

For relaxation



Summary

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Thank You for Attending

You can get help to make these changes, or get confidential support, expert information and valuable resources, when you need it the most.

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