

GUIDED IMAGERY

Creativity applied to sadness (6/12)

DESCRIPTION

Guided imagery is a type of focused relaxation or meditation. Focused relaxation involves concentrating on a specific object, sound, or experience in order to calm your mind. In guided imagery, you intentionally think of a peaceful place or scenario.

The goal is to promote a calm state through relaxation and mindfulness. The idea is that your body reacts to your own thoughts.

For example, when you think about a stressful situation, your body and mind become tense. Your heart rate and blood pressure might increase, and you may feel jittery and unfocused.

But if you focus your attention on pleasant scenarios, your mind and body tend to relax. You may feel less tightness and tension in your muscles, while your mind might feel calmer and more at ease.

By calming your mind and body, you may be better able to cope with mental, emotional, and physical stress.

Guided imagery is like taking a short vacation in your mind. It can involve imagining yourself being in your "happy place"—maybe picturing yourself sitting on a beach, listening to the waves, smelling the ocean, and feeling the warm sand underneath you.

Guided imagery can be done with a recording where you listen to someone walk you through a peaceful scene. Or, once you know how to do it yourself, you can practice guided imagery on your own.

Simply close your eyes for a minute and walk yourself through a peaceful scene. Think about all the sensory experiences you'd engage in and allow yourself to feel as though you're really there. After a few minutes, open your eyes and return to the present moment.

OBJECTIVES

- To reduce stress that leads to sadness
- To improve sleep
- To decrease pain
- To reduce depression

RESOURCES AND MATERIALS

- A quiet spot
- A comfortable couch, bed, or yoga mat
- A guided imagery audio recording (optional)
- Headphones (optional)

IMPLEMENTATION - INSTRUCTION

Sit or lie down in a quiet, comfortable area.

Close your eyes. Take several deep breaths. Inhale and exhale deeply and keep breathing deeply as you continue this relaxation technique.

Imagine a peaceful scene like a lush forest, majestic mountain range, or a quiet, tropical beach. Or, think of a favorite place in nature that makes you feel relaxed.

Think of the details in the scene. Imagine the sounds, scents, and sensations of being in this peaceful, calming place.

Envision a path in your scene. Picture yourself walking along the path, imagining the details and sounds as you walk this path. 6. Relax in your scene for several minutes. Continue breathing deeply.

After 15 minutes, count to three. Open your eyes.

POSSIBLE MODIFICATIONS

It can be done individually with a video/audio guidance, or in a group, with an instructor.

EXPECTED RESULTS

1. Decreased levels of stress and sadness
2. More calmness and relaxation in the present moment and in future (if practiced regularly)
3. Better and more profound sleep