

VISUALIZATION/ IMAGERY

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- » Find a quiet space
- » Put your do not disturb sign up
- » Wear comfortable clothes
- » Consider taking off your shoes
- » Sit or lie down, whichever the patient wants
- » Close your eyes, if the patient wants
- » When teaching techniques
 - Have an introduction
 - Get comfortable in your chair, feet on the ground, hands by your side, close your eyes, take a few deep breaths
 - Have an exit
 - Take a deep breath, feel the floor below your feet and your back, when you are ready open your eyes
 - Have practiced this, aloud, with someone other than a patient before doing this with patients

Relaxation techniques are skills that can be taught. New skills need practice to be mastered.



- » Person picks the place, so they feel secure
- » Use all senses
 - What does it look like?
 - What does it sound like?
 - What does it feel like on your skin?
 - What does it smell like?
 - Is there a taste associated with your scene?
- » You can “sit” in the place you are imagining, or you can move through the place you are imagining- patients choice

GUIDED IMAGERY FOREST PATH SCRIPT FOR RELAXATION

A Walk Through the Forest

This script will take you down a path through a forest. You can close your eyes and let your imagination fill in all the details as you are guided down the path. The path may look familiar to you, or it may be somewhere you have never been.

Guided Imagery Forest Script

Close your eyes and imagine that you are standing at the edge of a field. You see a tree line where a forest begins only a few yards away. Just on the other side of the tree line, you see a trail, so you walk out of the field towards the path and enter into the woods. The light in the forest cascades down through the leaves in a soft spray of light. The layers of forest have various textures. The lower undergrowth is soft and green. There are ferns, moss, and small growths reaching towards the light.

GUIDED IMAGERY FOREST PATH SCRIPT FOR RELAXATION (CONT'D)



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The upper canopy of the trees covers you like a stained-glass roof overhead. The light green leaves against the light blue and white sky create a soft, glowing, ambient light. The light is gentle and soothing.

The path you are walking upon winds down a slight hill and curves. It's well-trodden, and you continue to follow it. The path is a combination of soil, roots, and small plants, and it is easy to walk upon.

Once you round the corner, you see a stream. You continue toward it, admiring the large trees and the different types of bark on each tree trunk. Some trees have rough bark, and some have smooth bark; some have light bark, and others dark.

As you near the stream, you can hear the rippling water sounds getting louder in a constant rhythm. You see the rocks just under the surface of the water; the water swirls around some and pours over others.

You decide to sit upon a large tree that has fallen over, and you slip your shoes off and dip your bare feet in the stream. The water is very cold, but it instantly soothes your feet. As you adjust to the cold, you notice that the water is swirling around and over your feet. As the water massages your feet, you can hear birds chirping.

There are several different birds sounding. You can also hear the breeze fluttering through the leaves on the trees. You close your eyes and enjoy the sounds.

After you rest for a while, enjoying your surroundings, you decide that you are ready to leave. You grab your shoes, put each one on, and step to the dry bank of the stream. You see the path that brought you here and start back up the hill and around the bend. As you walk back, many of the trees seem familiar. You see the bright entrance to your path up ahead.

As you approach the entrance, you stop and linger. You turn around and look down the path, taking note of what you are seeing and hearing. You can visit this special place any time you'd like in your mind.

Finally, you exit the forest, and find yourself in a bright field. You open your eyes and return to your awareness.

- » Forest imagery script
 - <https://remedygrove.com/wellness/Guided-Imagery-Forest-Script>
- » Guided imagery – information and scripts
 - <https://positivepsychology.com/interactive-guided-imagery-therapy/>
- » Overview and script, Center for Integrated Care, VA Health,
 - https://www.mirecc.va.gov/cih-visn2/Documents/Patient_Education_Handouts/Visualization_Guided_Imagery_2013.pdf
- » Guided imagery script, challengetochill.org
 - <https://changetochill.org/wp-content/uploads/2015/08/Special-Place-Guided-Imagery.pdf>
- » Guided imagery audio, Sutter Health – Sacramento Valley
 - <https://www.youtube.com/watch?v=uBDB66KoM20>
- » Guided imagery ages 6-12, Johns Hopkins University All Children’s Hospital
 - <https://www.youtube.com/watch?v=uBDB66KoM20>
- » Guided imagery meditation, Johns Hopkins University All Children’s Hospital
 - <https://www.youtube.com/watch?v=35ch88kmlls>