

Research Article

DOI: <http://dx.doi.org/10.22192/ijamr.2016.03.09.003>

Guided Imagery – At Glance

Mrs. S. Mary Metilda^{1*} and Dr. S.J. Nalini²

¹Associate Professor, Right College of Nursing, Chennai, Tamilnadu, India.

²Vice Principal, Sri Ramachandra University, Chennai, Tamilnadu, India.

*Corresponding Author

Abstract

Keywords

Guided imagery,
mental health.

Guided imagery is a mind- body intervention by which a trained practitioner or teacher helps a participant or patient to evoke and generate mental images that stimulate or re-create the sensory perception of sights, sounds, tastes, smells, movements and images. It is a convenient and simple relaxation technique which helps to manage stress and reduce tension. This is because, according to the principles of psychophysiology and psychoneuroimmunology, the way an individual perceives his or her mental and physical condition in turn affects biological processes including susceptibility to illness, infection, or disease ; and that perception is derived significantly from mental imagery.

Introduction

Helen Bonny studied with E. Thayer Gaston at the of University of Kansas in the early 1960s, where she received her bachelor's degree in music education, with a major in music therapy. She continued on to receive a master's degree in music education with an

emphasis in research. After completing her PhD in the late 1960s, she began researching the effects of music on imagination, and in 1973 authored a book, co-written with Louis Savary, entitled "Music and Your Mind: Listening with a New Consciousness".

Guided imagery is also called as psychotherapy visualization and mental imagination

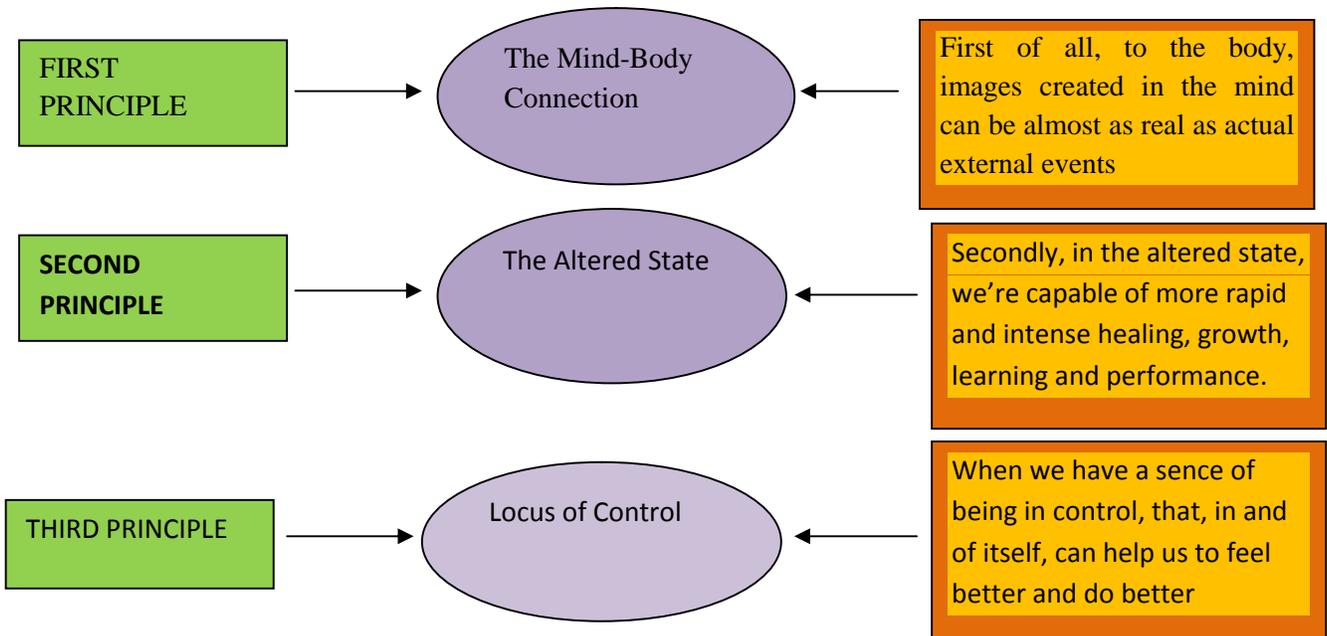


S.No	Guided imagery intervention	Mode of delivery of intervention
1.	Types	➤ video ➤ audio
2.	Number of persons	➤ Individual ➤ group
3.	Duration	➤ 10 – 15 minutes
4.	Technique	➤ Long term ➤ Short term
5.	Types of script	➤ .Relaxation ➤ Health promotion ➤ Personal growth

Benefits

1. To reduce High blood pressure
2. To reduce pain related to muscle tension
3. To improve sleep
4. To relieve from Stress
5. To reduce Anxiety
6. To decrease Depression
7. To reduce skin rashes or irritable bowel syndrome
8. To alleviate chronic allergies, hives and asthma
9. To reduce side effects and complications of surgery
10. Boosts self –confidence and self control
11. To strengthen the immune system
12. To resolve the emotional wounds

Figure 1: Illustration of the principles of guided imagery



Steps involves in guided imagery intervention:

Step 1. Comfortable position

Get into a comfortable position, like one you would use for meditation or self hypnosis. If a lying-down position would likely put you to sleep, cross-legged position, or recline in a comfy chair.

Step 2: Deep breathing exercise

1. Inhale through your, your nose, expanding your belly, then fill your chest. Counting to 5.
2. Hold and count to 3. Feel your abdomen gets filled.
3. Exhale fully from slightly parted mouth and feel all your cells releasing waste and emptying all old energy. Counting to 5.

Step 3: Progressive muscle relaxation

Each muscle group is tensed for 5 to 7 seconds and then relaxed for 20 to 30 seconds during which time individual concentrates on the difference in sensations between the two conditions soft background music may facilitate relaxation.

1. Sit in a comfortable chair with your hands in your lap your feet flat on the floor and your eyes closed.
2. Begin by taking three deep slow breaths inhaling through the nose and releasing the air slowly through the mouth.
3. Now starting with the feet pull the toes forward, forward the knees stiffen your valves and hold for a count of five.
4. Now release the hold let to go of the tension feel the sensation of relaxation and warmth as the tension flows out of the muscles.
5. Next tense the muscle of the thighs and buttocks and hold for a count of five
6. Now release the holder tension drain away and be aware of the difference in sensation. Perhaps a heaviness or feeling of warmth that you did not feel when the muscles were tensed concentrated on this feeling for a few seconds.
7. Next tense the abdomen muscles, and hold for a count of five
8. Now release the hold concentrate on the feeling of relaxation in the muscles, you may feel warming sensation hold on to 20 seconds
9. Next the muscles in the back and hold for a count of five.

10. Now release the hold feel the sensation of relaxation and warmth as the tension flows out of the muscles.
11. Next tense the muscles of your hands biceps your hands into a fight first hold for a count of five
12. Now release the hold notice the sensations you may feel twinkling warmth or light, air feeling, recognize these sensation as tension leaves the muscles
13. Next tense the muscles of the sensation and neck shrink the shoulder tightly and hold for a count of five
14. Now release the tense the tense the hold sense the tension as if leaves the muscles and experience the feeling of relaxation.
15. Next tense the muscles of face, wrinkle the forehead, frown squint the eyes, and purse the lips, hold for a count of five
16. Now release the hold recognizes a light warm felling flowing into the muscles.
17. Now feel the relaxation in your whole body as the tension leaves your entire being you feel completely relaxed.
18. Open your eyes and enjoy renewed energy.

Step 4: Guided imagery video/ audio

If it is audio close your eyes, for video eyes kept opened.

Once you get to a relaxed state, begin to envision yourself in the midst of the most relaxing environment you can imagine. For some, this would be floating in the cool, clear waters off of a remote tropical island, where attractive people bring drinks and smooth music plays in the background. For others, this might be sitting by a fire in a secluded snow cabin, deep in the woods, sipping hot cocoa and reading the latest bestseller while wrapped in a plush blanket and fuzzy slippers.

As you imagine your scene, try to involve all of your senses. What does it look like? How does it feel? What special scents are involved? Do you hear the roar of a fire, the splash of a waterfall, or the sounds of chipper birds? Make your vision so real you can even taste it!

Stay here for as long as you like. Enjoy your 'surroundings', and let yourself be far from what stresses you. When you're ready to come back to reality, count back from ten or twenty, and tell yourself that when you get to 'one', you'll feel serene

and alert, and enjoy the rest of your day. When you return, you'll feel more calm and refreshed, like returning from a mini-vacation, but you won't have left the room!

Environment needed;

- Some quiet time.
- Some privacy.
- An alarm clock, perhaps.

Conclusion

The rapid urbanization and societal modernization has brought in its wake a breakdown in family values and the framework of family support, economic insecurity, social isolation, and elderly abuse leading to a host of psychological illnesses. In addition, widows are prone to face social stigma. Stress, depression and anxiety are very common in our day -to-day life. Guided imagery is one of the relaxation technique which helps to reduce anxiety, depression and stress and also maintain the emotional stability.

References

1. Amtz, A. Imagery rescripting as a therapeutic technique. Review of clinical trials, basic studies, and research agenda. Journal of experimental psychopathology, vol 3, 2012, pg no.;121-126.
2. Naik, M.N.S. Effect of guided imagery on life style among alcoholics, Singhgad e- journal of nursing, vol 11, 2013.
3. Carlson J (2003) complementary therapies & wellness prontice Hall, upper saddle, NJ.
4. Holmes, E.A, and Mathews, A Mental imagery in emotion and emotional disorders clinical psychology review, Vol 30 No. 3, 2010, pg 349-362.
5. Carter, E. pre-packaged guided imagery for stress reduction, Initial results counseling psychotherapy and health, vol2, no2, 2006 pg 27-39.
6. Person, D.G Mental imagery and creative thought proceeding of the British Academy, Vol 147, 2007, pg 187-212.
7. www.guidedimageryinc.com/
8. www.nursingtimes.net

Access this Article in Online	
	Website: www.ijarm.com
	Subject: Health Sciences
Quick Response Code	
DOI: 10.22192/ijamr.2016.03.09.003	

How to cite this article:

S. Mary Metilda and S.J. Nalini. (2016). Guided Imagery – At Glance. Int. J. Adv. Multidiscip. Res. 3(9): 9-12. DOI: <http://dx.doi.org/10.22192/ijamr.2016.03.09.003>