

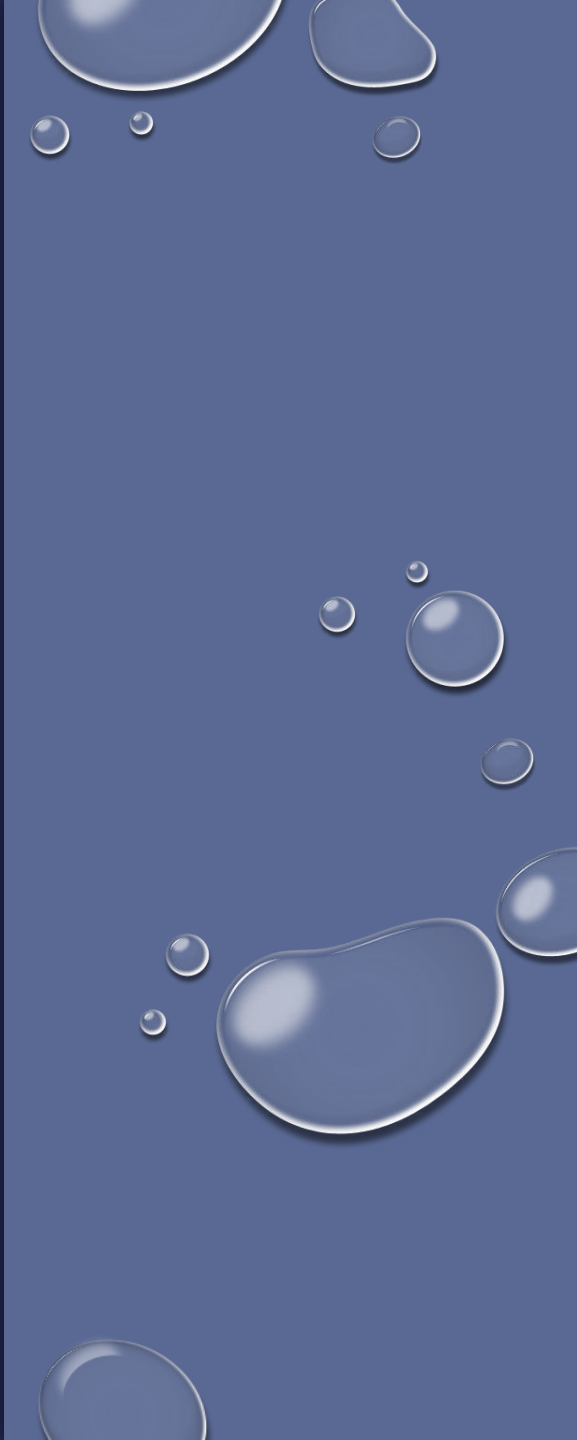
The background is a dark purple gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the upper half of the image.

VISUALIZATION FOR REST AND RELAXATION

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WELCOME



WHERE WE'RE GOING...



WHAT ARE
VISUALIZATION
AND IMAGERY?



WHAT DO THEY
INVOLVE?



TYPES OF
IMAGERY



PROVEN BENEFITS



RESOURCES



DISCUSSION,
Q&A

WHAT IS VISUALIZATION?

Also called

- Guided imagery
- Guided meditation
- Mental rehearsal
- Guided self-hypnosis

Think of it as focused
relaxation

Creates harmony
between mind and body

Mental escape

Uses calm, peaceful
images,

Uses imagination in
proactive, positive ways

- Nothing can be created
unless it is first imagined

Body, not just mind

WHAT DOES IT INVOLVE?

WHAT DOES IT INVOLVE?

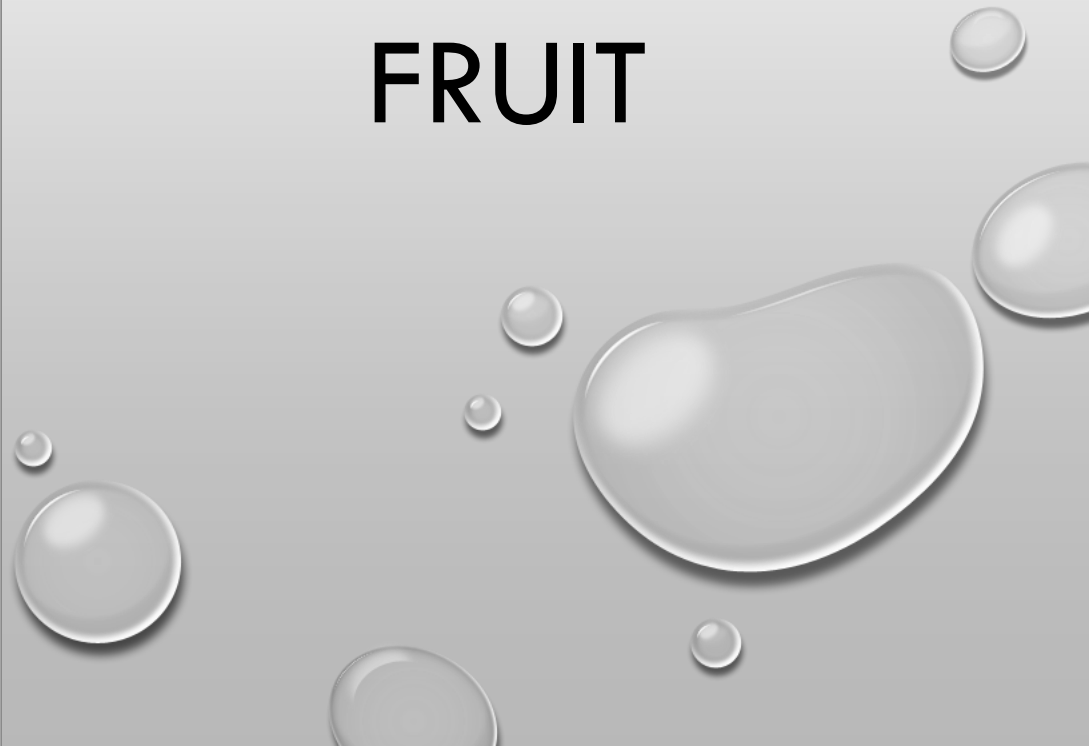
It can include movement and emotion

Can use all senses

- Sight
- Touch
- Taste
- Hearing
- Smell
- Let's try an activity...



IMAGINING FRUIT



VISUALIZATION

Often used in athletics

Hypnosis focuses more on suggestion, guided imagery on senses

Visualization is more about visuals, imagery uses all senses

You can feel like you are experiencing something just by imagining it

Imagination can take you to a calm, peaceful place

Let's imagine yarn...



YARN

VISUALIZATION IDEAS



Can use a recording, instructor, or a script



Expect your mind to
wander

Gently bring your
attention back



Can use music, nature sounds, or silence



Many apps and resources to assist



MANY TYPES OF IMAGERY

- **EVOCATIVE**
 - EVOKE A FEELING STATE THAT SUPPORTS PERSONAL CHALLENGES (MORE COURAGE, SKILL, DETERMINATION, PATIENCE, CREATIVITY, ETC.)
- **REGRESSION**
 - DISCOVER WHY YOU FEEL THE WAY YOU DO BY RETURNING TO THE FIRST TIME YOU FELT THAT WAY AND REVIEWING IT FROM YOUR CURRENT PERSPECTIVE
- **PERSONAL PLACE**
 - LET'S DO THIS NOW



**FAVORITE
PLACE**

WHAT DOES IT INVOLVE?

Uses all
senses

- Sight
- Touch
- Taste
- Smell
- Hearing

Plus

- Movement
- Emotion

TYPES OF IMAGERY

Resistance	Resolve resistance and inner conflicts that can sabotage success
Inner child	Work with inner child and bring wo your adult self
Pediatric	Help child deal with pain, stress, trauma
Advisor	Work with the head of your internal cheerleading team who can help tame your inner critic

TYPES OF IMAGERY

PTSD

- Helps heal old wounds and trauma

Somatic

- Relieve pain associated with medical procedures and illnesses

Transformational

- Support dying people and family through grief

PROVEN BENEFITS

- DECADES OF RESEARCH SHOWS POSITIVE BENEFITS
 - HEALTH
 - WELLNESS
 - ATTITUDE
 - BEHAVIOR CHANGE
 - PEAK PERFORMANCE
 - ANXIETY
 - AND...

PROVEN BENEFITS

- INCREASED CONFIDENCE
- IMPROVED ABILITY TO LOSE WEIGHT AND STOP TOBACCO USE
- LESS THAN 10 MINUTES CAN REDUCE CHOLESTEROL AND HEMOGLOBIN A1C
- HEIGHTENS SHORT-TERM IMMUNE CELL ACTIVITY
- SPEEDS HEALING FROM FRACTURES AND BURNS
- REDUCES BLOOD LOSS DURING SURGERY AND OPIOID USE AFTER
- AND...

PROVEN BENEFITS

- ENHANCES
 - EMOTIONAL DEPTH
 - HUMOR
 - MUSIC RESPONSIVENESS
 - SPIRITUALITY
 - INTUITION
 - CREATIVITY
 - ABSTRACT THINKING
 - EMPATHY
 - COPING SKILLS
 - AND...

The background of the slide is a solid dark blue color. In the top-left and bottom-right corners, there are several translucent, 3D-rendered bubbles of various sizes, some overlapping the edges of the frame.

PROVEN BENEFITS

- CAN ALSO
 - SLOW HEART RATE
 - LOWER BLOOD PRESSURE
 - CALM BREATHING
 - REDUCE FEAR
 - MINIMIZE ANXIETY
 - IMPROVE SLEEP
 - LET'S TRY AN ACTIVITY



SLEEP IDEA

RESOURCES

Academy for
Guided Imagery

- Acadgi.com

Headspace.com

Calm.com

Healthjourneys.com

Mindful.org

Many websites,
apps, scripts to
choose from

The background features a vertical purple gradient, transitioning from a lighter shade at the top to a darker shade at the bottom. Scattered across this gradient are numerous water droplets of various sizes and shapes. Some droplets are large and prominent, while others are small and delicate. Each droplet has a realistic, glossy appearance with highlights and shadows, giving them a three-dimensional effect. The droplets are distributed across the frame, with a notable cluster of larger droplets on the right side and several smaller ones near the top and bottom edges.

DISCUSSION, Q&A

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