



GUIDED IMAGERY & MEDIATION

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IMAGERY

- Conscious use of the power of the imagination with the intention of activating physiological, psychological, or spiritual healing (Holistic Nursing 5th edition)
- Technique based on the principle that the body & mind are interconnected & can be encouraged to work together to treat disease & promote healing

MEDITATION

- Focused state of mental concentration that is passive. Goal of meditation is to clear the mind of all thoughts. Person reaches a deeper level of consciousness & inner peace from which wisdom can emerge

MINDFULNESS

- The awareness that emerges, through paying attention on purpose, in the present moment, non judgmentally to the unfolding of experience – moment by moment.

- Jon Kabat-Zinn

BENEFITS OF IMAGERY, MEDIATION, AND MINDFULNESS

- Activates the parasympathetic nervous system
- Relaxes muscles & decreases lactic acid
- Enhances the immune system
- Decreases heart rate & blood pressure
- Decreases metabolic rate

BENEFITS OF IMAGERY, MEDIATION, AND MINDFULNESS

- Decreases respiration & oxygen consumption
- Decreases pain & other symptoms
- Creates an alpha brain state - calm yet alert
- Facilitates sleep
- Increases energy

BENEFITS OF IMAGERY, MEDIATION, AND MINDFULNESS

- Increases ability to cope - increase sense of self control
- Enhance self-esteem and self insight
- Decreases anxiety
- Decreases depression
- Boost memory
- Increase concentration and memory
- Decrease emotional reactivity
- Increase compassion and empathy

MINDFUL BREATH

- Abdominal breathing
- 4 7 8



MINDFULNESS MEDITATION

The slide features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight segments and small circles, resembling a stylized PCB or neural network diagram. The lines are positioned in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

PROGRESSIVE MUSCLE RELAXATION & IMAGERY