

WESTLAKE VILLAGE COUNSELING

PAIN & STRESS

MANAGEMENT NEWS

Coping Skills List

- Deep Belly Breathing
- Journaling to Monitor Thoughts
- Gentle Exercise
- Listening to Music
- Talking to a loved one
- Guided Imagery Exercise

Calm Music Smartphone Apps

- Calm
- Nature Sounds
- Relaxing Sounds
- Nature Melody
- Relax Sounds



Guided Imagery Benefits

By practicing guided imagery, people are able to connect words to images in their mind that allows them to shift their attention away from what is bothering them. When we allow ourselves to picture a relaxing scene & connect it with uplifting thoughts, we allow our minds to have a moment to relax, unwind & get creative. This creative mental space also helps us to think of possible solutions to what is bothering us most.





Guided Imagery Can Help With:

- Promoting Relaxation
- Lowering Blood Pressure
- Managing Pain
- Promoting Healing
- Improving breathing and oxygen rates
- Improving heart rate
- Promotes balanced hormones

For a Free Guided Relaxation Download please visit:

<http://westlakevillage-counseling.com>

This practice when used regularly, also helps to calm a stressed nervous system. When the body is stressed, it is not able to make repairs & work on healing.

However when the body is relaxed & the nervous system is in a calm state, the body is able to work on health & healing.

Guided Imagery Exercise

In a quiet space, get yourself seated in a comfortable position with your back supported & feet touching the ground. Then with your eyes closed, allow your stomach to expand as you inhale in through the nose, & exhale out through the mouth. Do this for a few minutes until you feel your body become more & more relaxed after each breath in & breath out.

Once you feel your body is really relaxed, then with your eyes staying closed, imagine yourself in a peaceful & beautiful setting. Perhaps you are at the beach or in the mountain countryside. Picture yourself sitting in this scene & observe all the sights & sounds around you. As you scan the area, what do you see? What do you hear? What do you smell, & how do you feel? As you continue to breathe in & out, you feel yourself really taking in all the sights & sounds, the cool breeze on your skin & the warmth of the sun upon you.

Perhaps you hear a river stream nearby & see birds flying at a distance. The sights, sounds & aromas you take in are all your creation. Since you are in control of your surroundings, you determine how long and how often to use this practice. Just remember to come back to the present moment when you are done so that you become fully awake and are ready to continue your day feeling both energized & engaged.