

4/3/2020

Dear ALZConnected Community,

Easy Stress-Busting Strategy #3: Guided Imagery

Our third option for your stress-busting toolbox is Guided Imagery: a visualization process to reset your mind and increase your relaxation and resourcefulness. There are many ways to use guided imagery and a quick Google search will yield over a million options. Often a person listens to someone else guide them through the exercise. However, our version is one you can do yourself, customize to your preferences and it only takes a few minutes to feel the positive effects. Ready to give it a try? Please go to the next page for the Guided Imagery exercise.

Did you try it? Do you feel more calm and relaxed? This guided imagery exercise is very customizable and you can change it up every time or keep it exactly the same--whatever works best for you. The key is to be in the moment and notice everything.

If you missed them, please check out the earlier tips on Deep Breathing and Progressive Muscle Relaxation. Please remember that these are all strategies that are done safely when you are not focusing on another task—like driving, for example. With the possible exception of deep breathing, which you can probably do anytime anywhere, these stress-busting techniques work best when you can grab a couple moments when you are available to focus.

Clarification about covid-19 info and political posts:

Thanks to all of you who are partnering to ensure that the ALZConnected Online Community continues to be a safe place where people come for support and understanding related to Alzheimer's, dementia and caregiving. Some of you are linking to trusted sources of Covid-19 information such as the Center for Disease Control website --and that's great. Sharing helpful information is what we are all about. Thanks also for refraining from political posts. To clarify, by "political" we are referring to partisan comments that disparage a political figure, party or ideology--not reliable information about Covid-19, resources and so forth. Thanks for continuing to focus on supporting and helping each other through this challenging time.

Sincerely,
Alzheimer's Association

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Begin by sitting or lying down in a quiet place. Get into a comfortable position, arms at your sides and breathing slowly. You may want to close your eyes. The key is to notice everything through your senses--what you see in your mind's eye, the sounds, tastes and smells, the feeling of the ground under your feet and so forth.

Now picture yourself outside a beautiful four-story building. Notice the building, grounds, breeze, and sounds of your shoes on the walkway as you make your way to the door and into a large, comfortable lobby with an elevator at the far side. Notice everything about the lobby as you walk to the elevator and push the button to go up.

The elevator chimes and the doors open, you step inside, the doors close, the elevator goes up and opens at the 2nd Floor. You look through the open doors and see a favorite pastime. It could be playing the piano, hiking a favorite trail, driving down a country road in a convertible, playing chess with a friend, Sunday dinner with family, or fly-fishing on the river. This is your favorite pastime, so the choice is yours. You step out of the elevator and engage in your pastime, noticing everything you see, hear, smell, taste and feel. When you are ready, you return to the open elevator, step inside and the doors close.

The elevator chimes, the doors open and you step out onto the 3rd Floor. You find yourself in a comfortable room standing near a person you would love to talk to. You both sit down and talk. You notice everything about the room, the person and how the conversation makes you feel. When you are ready, you return to the open elevator, step inside and the doors close.

The elevator chimes, the doors open and you step out onto the 4th Floor. You find yourself at a favorite place where you love to spend time. It could be the beach, the mountains, the lake, a big city or out in the country, for example. The choice is yours. You enjoy spending time in your favorite place, noticing everything you see, hear, smell, taste and feel. When you are ready, you return to the open elevator, step inside and the doors close and you feel yourself moving down.

At the 3rd Floor the elevator chimes, the doors open and you see the friend you were speaking with. The doors close, you move down to the 2nd floor. You hear the chime and the doors open. You see your favorite pastime. The doors close and you move down to the 1st floor. The elevator chimes, the doors open to the lobby and you walk to the front door. You open the door and step out into the sunshine, feeling the sun on your face.

Take a moment to notice your breathing and check in with your body. Do you feel more calm and relaxed? You can customize the length and content of this exercise by changing what you find on each floor or just going to one floor. The key is to be in the moment and notice everything.



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