

Guided Imagery for Nurses

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I invite you to close your eyes and take a long breath, breathing in and out slowly and completely.

Now, scrunch up your toes, wiggling and stretching them. Then, let them fall into their natural positions.

Take the soothing feeling in the toes and bring it across the tops of the feet and along the bottoms of the feet over your heels to your ankles.

Then, bring this pleasant feeling from your ankles up to your calves and shins to the knees, and from the knees through the thighs all the way to the hips.

Take this cozy feeling from the hips, into the small of the back, the abdomen, and on up into your upper back and chest, all the way to your shoulders.

Continue to bring this pleasant feeling across your shoulders and on down the upper arms to the elbows, and from the elbows on down the forearms to your wrists, from the wrist on out through your hands, allowing any remaining tension to drip from the fingertips.

Bring this pleasant sensation up the back of your neck, over the back of your head, softening the muscles of your scalp.

Now bring this enjoyable feeling over the top of your head, across the forehead, around your eyes and the bridge of your nose, over the cheeks, the lips and chin, and on down the front of your neck.

From the top of your head, to the bottoms of your feet, you feel very soft and pleasant.
(Physical comfort)

Take three breaths now,....upon the first, floating free of thoughts and surroundings, allowing outside noises to fade away, responding only when you hear your name.

Upon the second breath, moving to a deeper level of contentment, feeling very pleasant.

Upon the third breath, moving to an even deeper level, feeling cozy and peaceful.
(Psychospiritual comfort)

Now, imagine yourself in a special place that you enjoy, where you feel safe and pleasant. Your place may be at a beach, riverside, mountain-top, boat, or peaceful cottage. There are no phone calls, computers, buzzers, or call lights. There are no televisions, newspapers, or automobiles. Your place is quiet, peaceful, bathed in soft candle light or moon light or sun light. You can truly rest here, surrounding by nature and few favorite people or pets. ***(Environmental comfort)***

Remembering your peaceful place, you call it into your self during your work, recognizing that what you do is so very important to your patients. Realize that you are key to their overcoming the odds, beating disease and fear, and finally recovering. Your smile, squeeze of the hand, and simple statements that they are doing well lights their way in the most precarious of times. You give them confidence, share their journey, and reassure them when it's most important. You comfort, measure, and monitor all at the same time. You are their contact with the reality of wellness. You warm your patients when they need it the most, and you make a difference in their lives. You perform miracles that speak of the power of true caring and those miracles are never forgotten.

Your heart is light as you fulfill your calling to be the best, most comforting nurse you be. You realize that there are those who support you in your mission, there are those who value your creativity, your humor, your caring and compassion. Some of these people are your co-workers, your managers, and auxiliary personnel. Some of these people are your family members, neighbors, friends in your community. Some of these people are here in this room, your ONA colleagues. Some of these people are teachers, physicians, clergy, social workers – all interconnected in our small world, all making up a harmonious whole from which we draw strength, wisdom, and joy. ***(Social comfort)***

Your body responds to these gentle thoughts with renewed energy, health, and well-being. You become aware of a wonderful white light, filled with peace, love, positive energy, and healing qualities. You now flood your body with this light, renewing your inner light that shines through your smile. You embrace your skin, hair, shape, and personality. You feel contentment with who you are, and where you are in your life. You feel warm and comfortable all over....

As you continue to breathe in this light, you send more peace, love, positive energy, and healing throughout. You can direct this light to areas that need it, with gentle but faithful self-love, repairing and protecting your physical self. As you continue to breathe in the light and letting it flow throughout your entire being...you become aware of the life-force that is part of you, renewing, reenergizing and moving you to a higher level of wellness.

Remaining in the light, slowly become more alert and awake, feeling refreshed, renewed, and ready to move into the next part of your week, your month, your life. Open your eyes and stretch slowly. And hold these positive thoughts with you...you are well, you are content, and you are at peace all over.