

Spring 2015 Stress Reduction

Day 2 session

GUIDED IMAGERY SCRIPT (Favorite Place) 1. Breathe more deeply and slowly. 2. Imagine a favorite place. 3. See yourself arriving and notice surroundings (use sight, smell, sound and touch). 4. Bring in pleasant objects (chair, flowers etc.) 5. Bring in a magical container (chest, box, jar, trash can, etc.) 6. Place your worries and concerns into the container. 7. Put on the lid and draw a curtain between yourself and the container. 8. Rest awhile feeling totally safe and relaxed. 9. Thank your favorite spot and return fully alert to the room

SELF HYPNOSIS 1. Decide on your positive statement. For example, "My body and mind can stay relaxed (when, if, while,) _____ is happening. Or, "My body is always working towards wholeness." 2. Get comfortable and decide on your physical cue. 3. Choose a spot in the room and keep your eyes focused on that spot. 4. Relax the muscles of your body and eventually close your eyes. 5. Count from 1 to 3 and become more relaxed with each count. 6. Say your positive statement to yourself. 7. Count from 3 to 1 and become fully alert.

Session 2 Resources

Books:

Emotional Intelligence by Daniel Goleman

Being Happy by Tal Ben-Shahar, Ph.D.

Focusing by Eugene Gendlin

Internet Sources:

UMM.edu/health/medical/articles/stress

Why Focusing Works FISS 2010 with Gene Gendlin (YouTube)

Kim Eng *Shaking Practice* (YouTube)

(10-Min. Body Scan) *Intentional Focusing Exercise* Ed Olmstead (YouTube)

Grounding Technique Christel Hughes (YouTube)

Releasing Frustration/Person Christel Hughes (YouTube)