

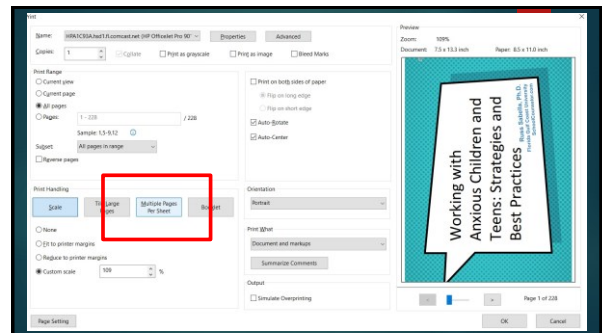
1



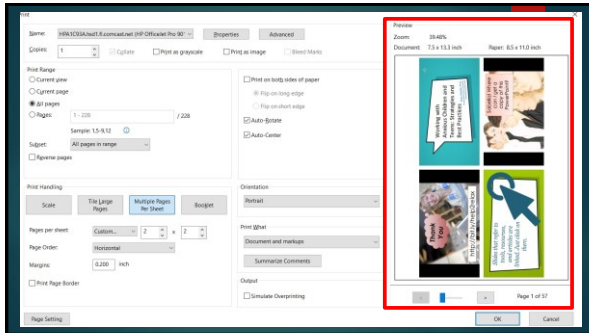
2



3



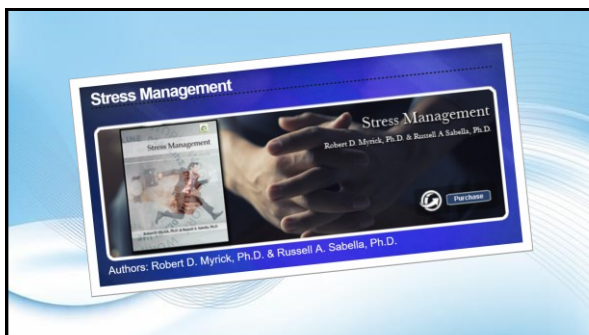
4



5



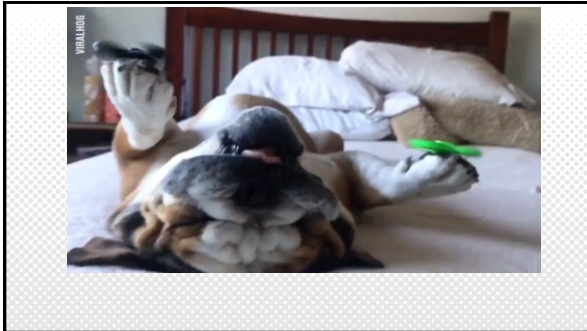
6



7



8



9

### WHAT'S THE DIFFERENCE BETWEEN STRESS AND ANXIETY?

People under **stress** experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping.

**Anxiety**, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor.

<https://www.apa.org/topics/stress/anxiety-difference>

10



11

### Relaxation Bingo

<b>FREE</b>	Practices deep breathing	Watches funny movies	Meditates	Exercises	Juggles
Drinks with or without anyone else	Listens to relaxing music	Drinks lots of water	Keeps a journal	Has a relaxing hobby	<b>FREE</b>
Reads to relax	Uses relaxing aromas	Drinks caffeine in moderation	Has shared their gratitude with someone recently	Likes to show gifts	Does yoga
Rides a bicycle	Learned to say "No"	<b>FREE</b>	Eats things done without procrastinating	"Naturally lets a problem go"	Has recently called a friend to just to say "Hi"
Went on a picnic	Enjoys a therapeutic massage	Keeps a "to do" list	Pretty good at resolving conflict	Plays a musical instrument	Practices "progressive relaxation"
Takes a hot shower to relax	Cuddles with a pet	Likes to stretch	Takes a personal day off now and again	Likes to play board games (not electronic)	Sometimes runs to play

12



13

### Directions

1. Everyone put their names on top of your bingo card, so you don't lose yours in the shuffle.
2. You can sign one of the spots for yourself.
3. You will only have 3 names.
4. Do not submit to anything that you would not want all of us to know.

### Rules


1. You must address the other person by name. If you don't, they don't have to answer your question. So, for example, you need to ask, "Ravi, do you like to stretch?" If the other person answers you, lightly sign their name in that spot.
2. Once you ask someone a question, you must go to at least 3 other people before asking the same person another question. That is, you can't sit there and ask someone one question after another.
3. You cannot yell out a question and see who responds. This is a competition, not an exhibition.

Check out this PDF of my workshop:  
<http://bit.ly/3d4g3h3g>

Learn more about school counseling related professional development opportunities here:  
<https://schoolcounselor.com/professional-development/>

New from Dr. Russ Sabella

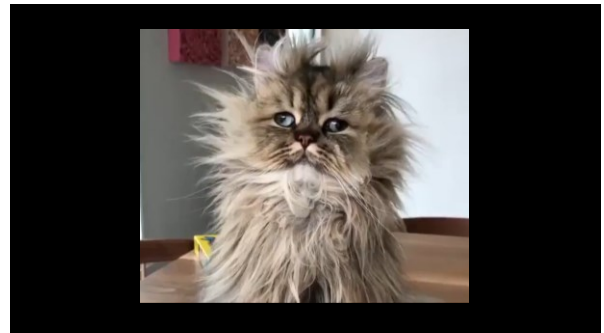
**Solution-Focused School Counseling: The Missing Manual**  
<https://schoolcounselor.com/professional-development/semicongmanual/>



14



15



16





17



18



19

AMERICAN PSYCHOLOGICAL ASSOCIATION

ABOUT APA TOPICS PUBLICATIONS & DATABASES PSYCHOLOGY HELP CENTER NEWS & EVENTS SCIENCE

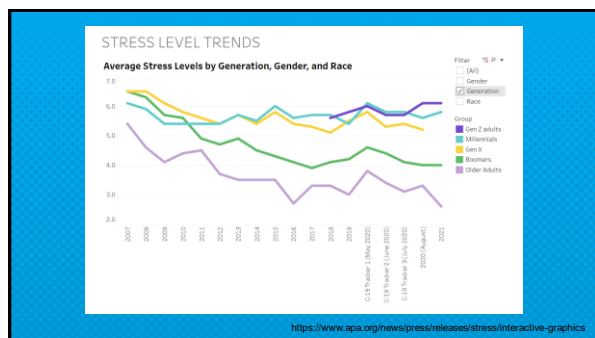
Home / News & Events / Press Room / Stress in America Press Room

**Stress in America™ Press Room**

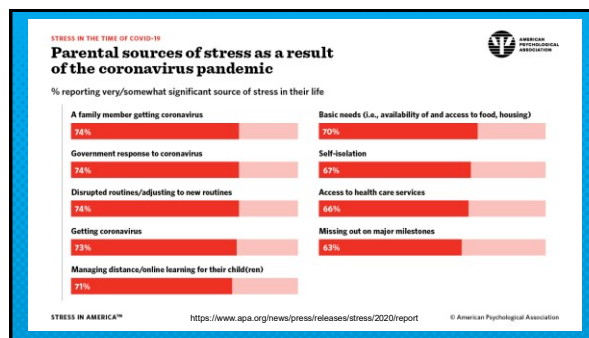
<https://www.apa.org/news/press/releases/stress>

Since 2007 the American Psychological Association has commissioned an annual nationwide survey as part of its Mind/Body Health campaign to examine the state of stress across the country and understand its impact. The Stress in America™ survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives. The results of the survey draw attention to the serious physical and emotional implications of stress and the inextricable link between the mind and body.

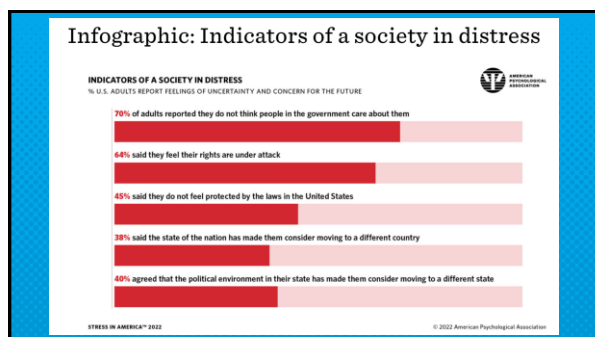
20



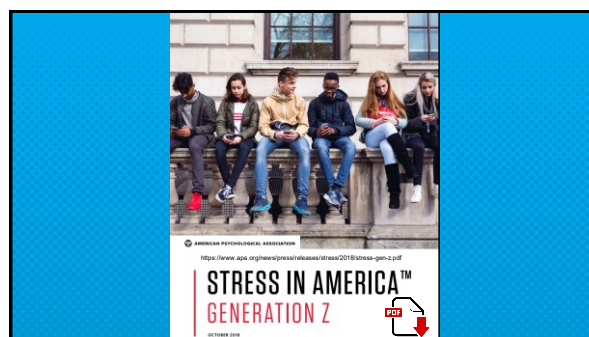
21




22



23



24



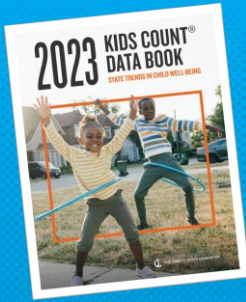
**2022 KIDS COUNT® DATA BOOK**  
STATE TRENDS IN CHILD WELL-BEING

**11.8% of children ages 3-17 experienced anxiety or depression in 2020.**

**That's a 25.5% increase from 2016, when 9.4% of children had those conditions.**

<https://www.aecf.org/resources/2022-kids-count-data-book>

25



**2023 KIDS COUNT® DATA BOOK**  
STATE TRENDS IN CHILD WELL-BEING

- Early childhood education.
- Childcare
- Job Changes and Secure Employment


Half of the indicators tracked in the 2023 Data Book worsened since before the pandemic, while four stayed the same and only four saw improvement (see pages 12-13).

<https://assets.aecf.org/m/resource/doc/aecf-2023kidscountdatabook-2023.pdf>

26

**Why Worry?**

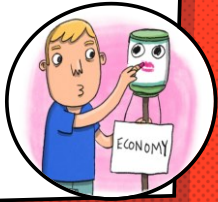
*Causes & Correlates*



27


**"REIFY"**

Definition of **reify**. **reified**; **reifying**. transitive verb. : to consider or represent (something abstract) as a material or concrete thing : to give definite content and form to (a concept or idea)



28

*"The tendency has always been strong to believe that whatever received a name must be an entity or being, having an independent existence of its own."*



John Stuart Mill

[illegible]

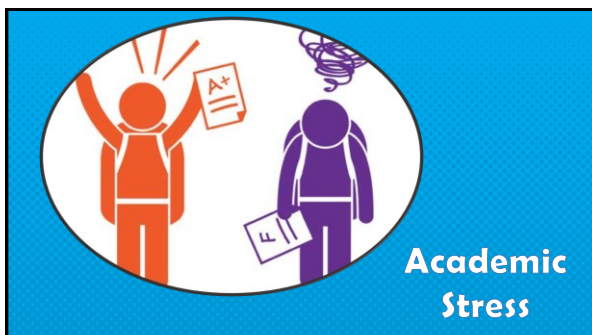
8



33



34



35



36

**Career Counseling Advice in the New Economy**

**"Don't ask kids what they want to be when they grow up but what problems do they want to solve. This changes the conversation from who do I want to work for, to **what do I need to learn** to be able to do that."**

**Jaime Casap, Google Global Education Evangelist**

- Colleges.
- Universities.
- Community colleges.
- Junior college.
- Career school, technical school, or vocational / trade school.
- Public vs. Private.
- Special Interests.
- Apprenticeships

37

***SOCIAL ANXIETY***

- Fear of situations in which you may be judged negatively.
- Worry about embarrassing or humiliating yourself.
- Intense fear of interacting or talking with strangers.
- Fear that others will notice that you look anxious.

https://www.mayoclinic.org/diseases-conditions/social-anxiety-disorder/symptoms-causes/yc-20303961

MAYO CLINIC

38

**Social Anxiety Symptoms**

**Emotional**

- Worry and intense fear about social interactions
- Constant replay of social interactions after they happen
- Anxiety about future events
- Fear of embarrassing self

**Physical**

- Upset stomach
- Sweating
- Dizziness
- Blushing
- Muscle tension
- Shaky voice

**Avoidance**

- Avoiding social interactions or events
- Avoiding activities that involve interacting with others
- Canceling outings

www.nextstepdoctor

When these anxiety disorder symptoms last for 6 months or more, you may have a social anxiety disorder

39

**When someone calls you instead of texting back.**



40



When someone calls you instead of just texting back



41



42

Me at this point in the week:



43

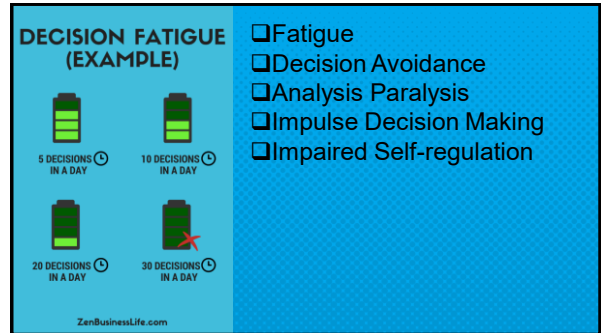
When you make the wrong decision 🤔



44



45



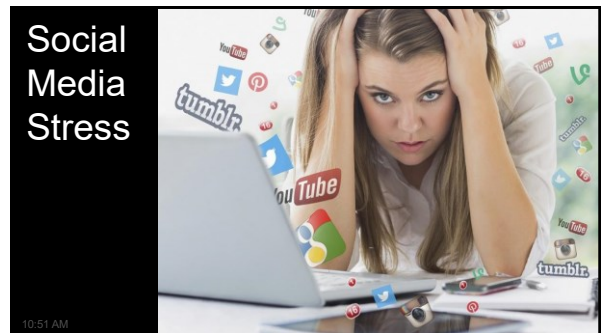
46

### ***WAYS TO AVOID DECISION FATIGUE***

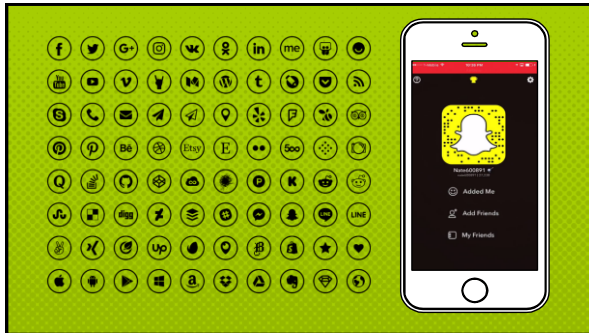
- Plan daily decisions the night before.
- Prioritize: Do the most important thing first.
- Stop making decisions. Start making commitments (schedule).
- If you have to make good decisions later in the day, then eat something first.
- Simplify

Source: <https://jamesclear.com/willpower-decision-fatigue>

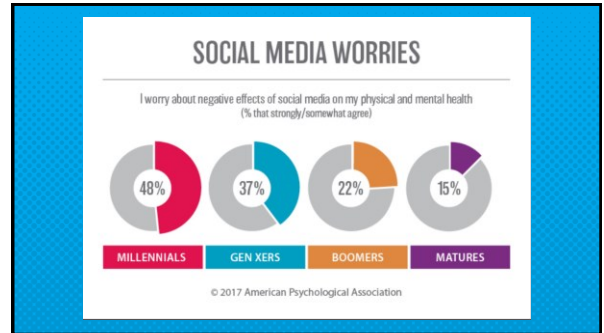
47



48



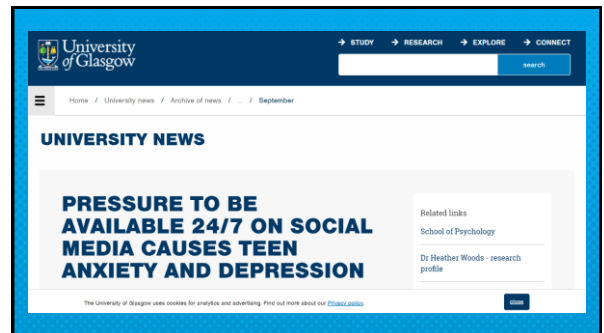
49



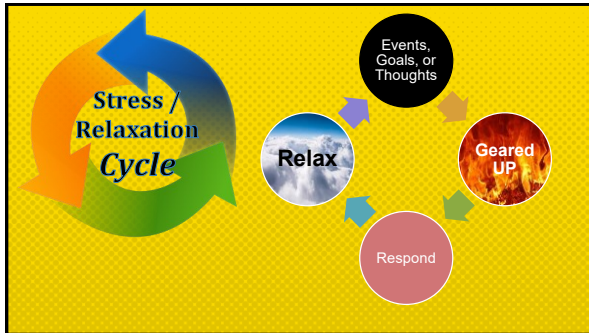
50



51



52



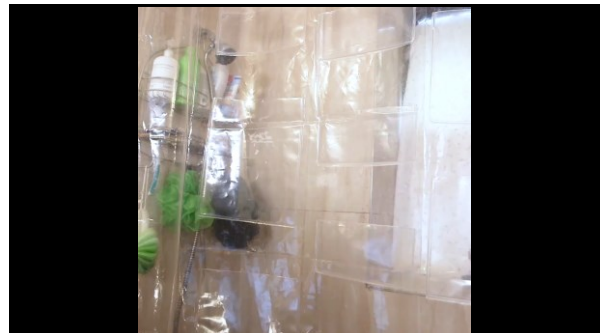
53



54



55



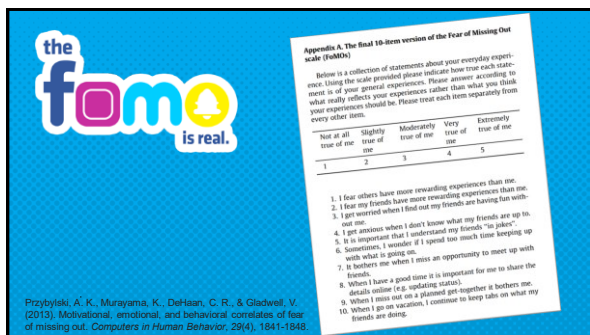
56



57



58



59

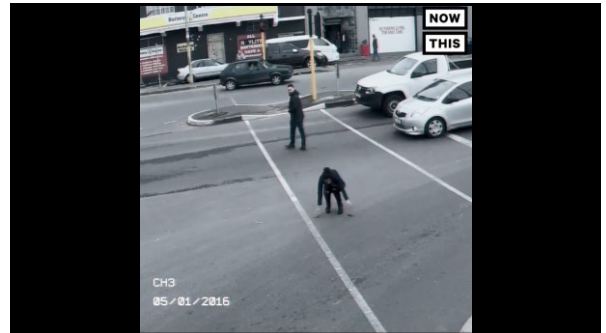
- **FoMO** was negatively associated with both general mood and overall life satisfaction.
- Negative social and emotional states such as boredom and loneliness linked to social media usage also relate to **FoMO**
- Those high in **FoMO** were more likely to give into the temptation of composing and checking text messages and emails while operating motor vehicles.

Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841-1848.

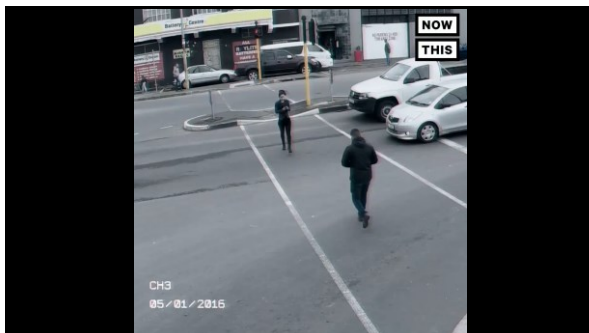
60



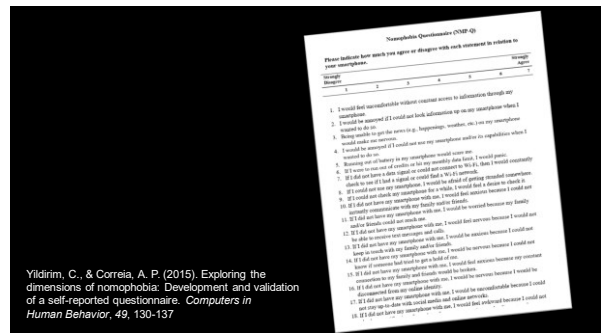
61



62



63

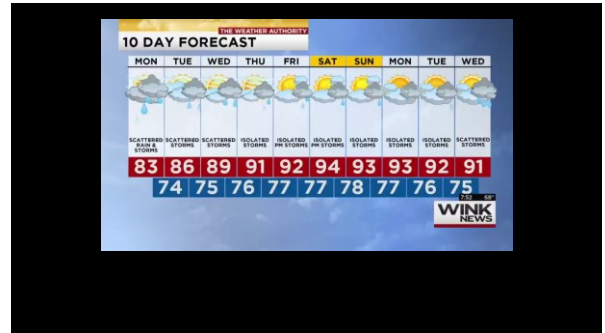


64





65



66



67



68



69



70



71



72



73



74



75

**PicMonkey** Try It Login

**Try touch up on the go**

With Touch Up on the PicMonkey mobile app, you're free to unlock all your best features--no computer required. We've pared down all your favorite touch up tools, so that they conveniently fit in the palm of your hand. Say hello to instantly bright-eyed portraits and blemish free selfies.

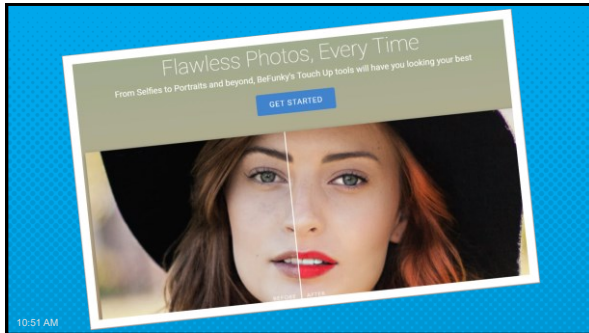
**Want one-click glamour?**

Try Presto, our intelligent auto-correct feature. Presto instantly applies all the touch up features to your pic. And the best part? You can go back into any of the effects and continue to make adjustments before finalizing your look.

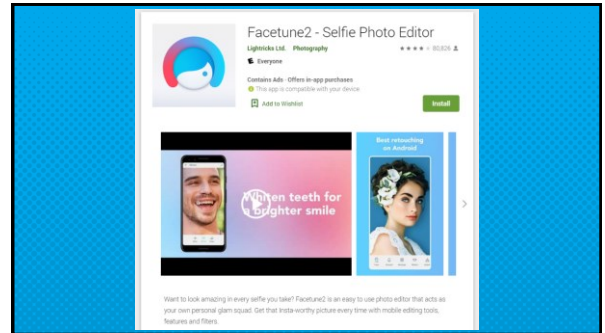
**What are you waiting for?**  
Try PicMonkey mobile today!

Download on the **App Store** GET IT ON **Google Play**

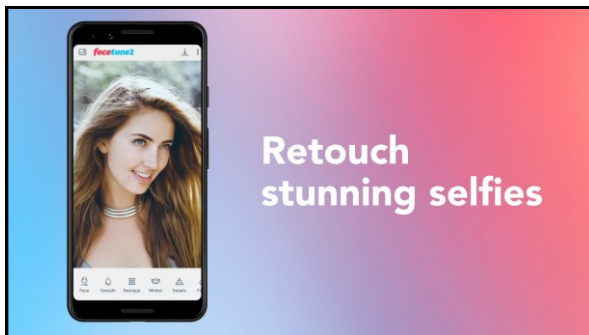
76



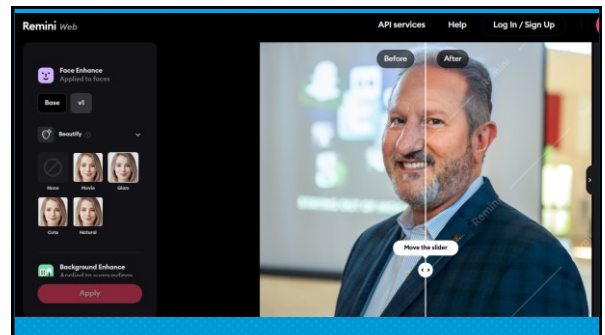
77



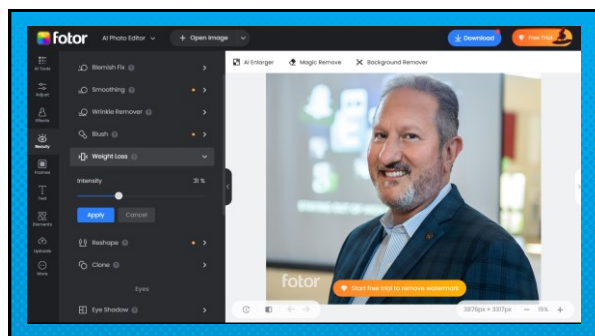
78



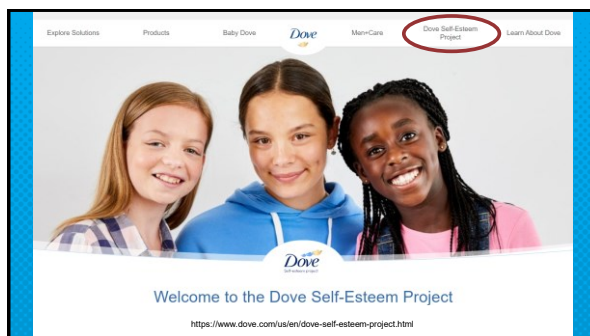
79



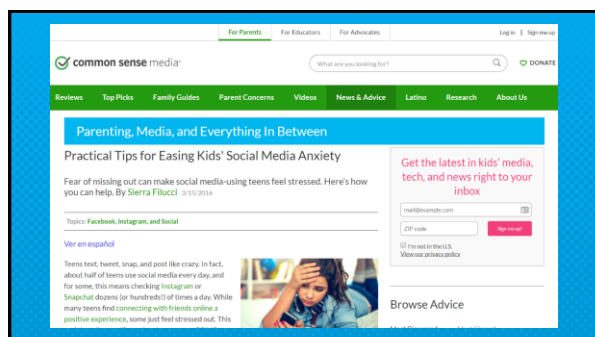
80



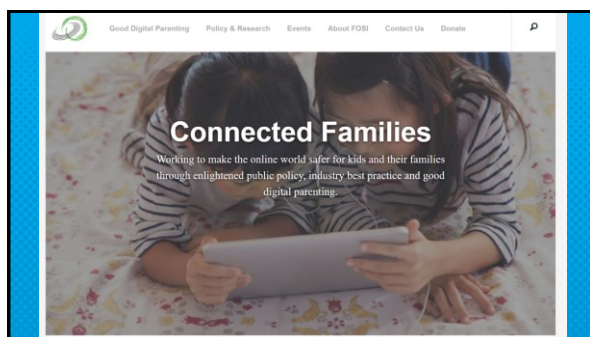
81



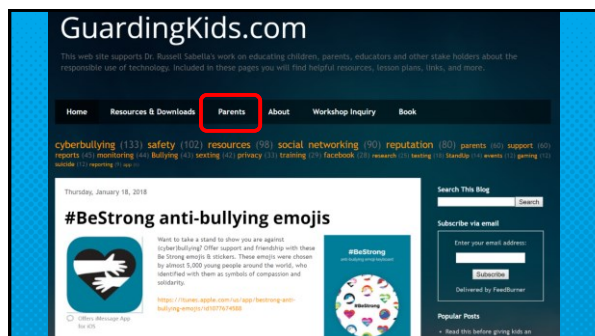
82



83



84



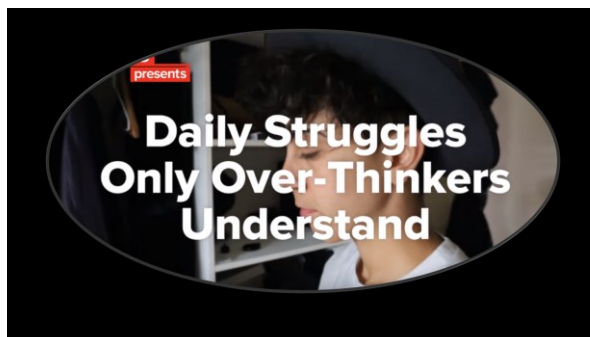
85



86



87

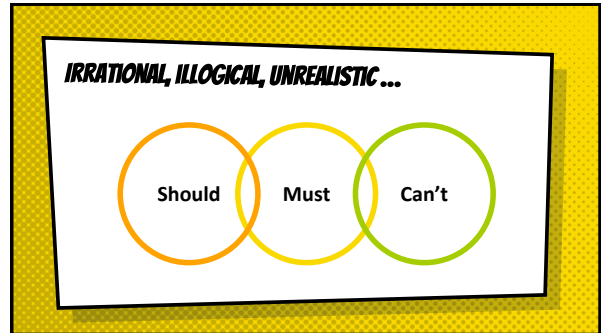


88

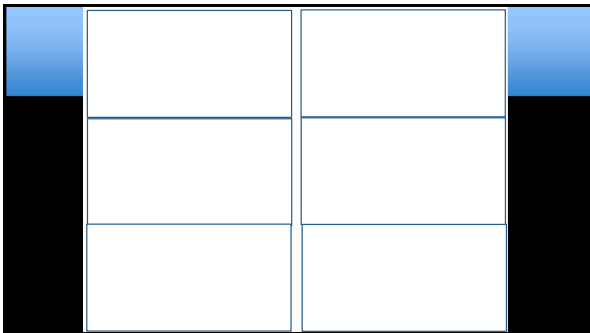




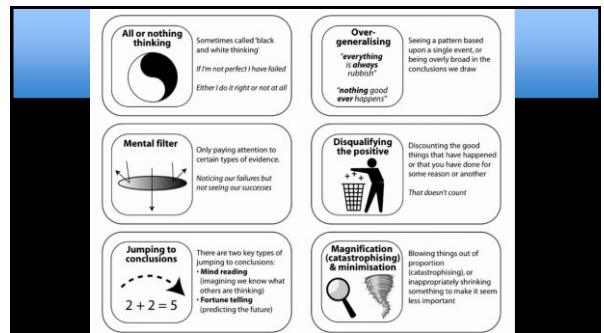
89



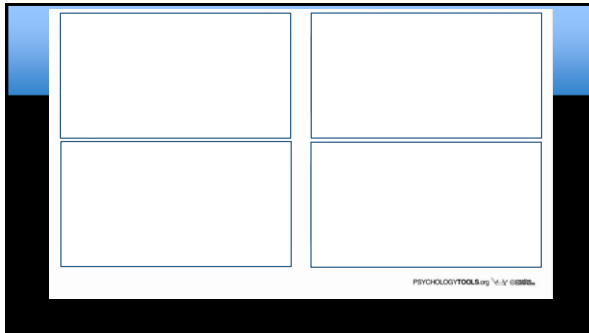
90



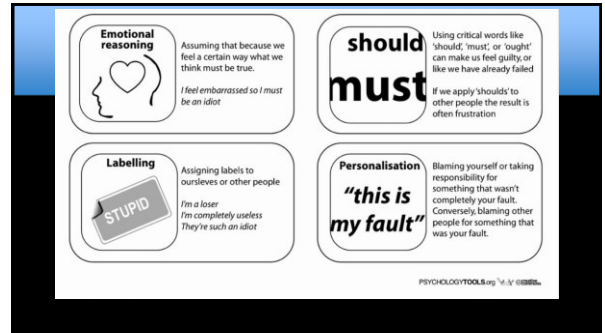
91



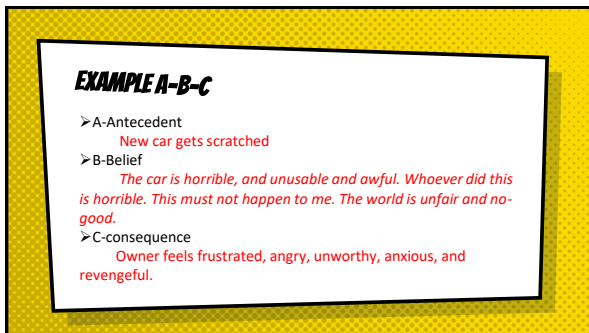
92



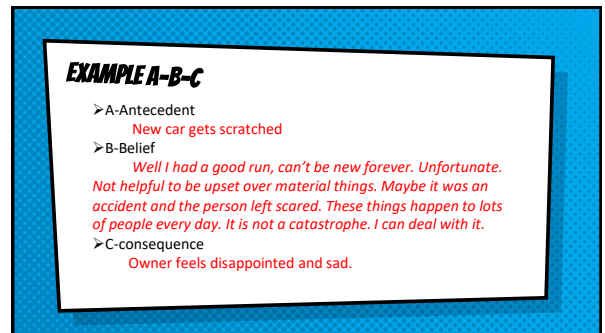
93





94



95



96

A	B	C
<b>Adversity</b> <u>She might not like me.</u>	<b>Irrational Belief</b> <u>She must like me.</u>	<b>Unhealthy Negative Emotion</b> Anxiety 
<b>Adversity</b> <u>She might not like me.</u>	<b>Rational Belief</b> <u>I want her to like me but she doesn't have to. Would be nice.</u>	<b>Healthy Negative Emotion</b> Concern 

[https://s3.amazonaws.com/CounselingTutor/Library/REBT\\_4\\_Elements\\_article+Level+3.pdf](https://s3.amazonaws.com/CounselingTutor/Library/REBT_4_Elements_article+Level+3.pdf)

97

Demand:	<i>I must be approved by my girlfriend's parents</i>
Awfulising belief:	
LFT belief:	
Self-depreciation belief:	

Neenan, M., & Dryden, W. (1999). Rational emotive behaviour therapy: advances in theory and practice. London: Whurr.

98

Demand:	<i>I must be approved by my girlfriend's parents</i>
Awfulising belief:	<i>It would be awful if I were not approved by my girlfriend's parents</i>
LFT belief:	<i>I couldn't stand it if I were not approved by my girlfriend's parents</i>
Self-depreciation belief:	<i>If I am not approved by my girlfriend's parents, it means that I am an unworthy person</i>

Neenan, M., & Dryden, W. (1999). Rational emotive behaviour therapy: advances in theory and practice. London: Whurr.

99

The components of the client's rational belief are as follows:	
Preference:	
Anti-awfulising belief:	
HFT belief:	
Self-acceptance belief:	

100

The components of the client's rational belief are as follows:

Preference:	<i>I would like to be approved by my girlfriend's parents, but this is not essential</i>
Anti-awfulising belief:	<i>It would be bad if I were not approved by my girlfriend's parents, but it would not be awful</i>
HFT belief:	<i>It would be difficult for me to tolerate not being approved by my girlfriend's parents, but I could stand it</i>
Self-acceptance belief:	<i>If I am not approved by my girlfriend's parents, it does not mean that I am unworthy person. It means that I am a fallible human being who is facing a difficult situation.</i>

101

**IRRATIONAL THOUGHTS THAT LEAD TO ANGER**

- Everybody talks about me
- No one likes me
- Teachers always are picking on me
- I should always be treated fairly
- I can't stand your irresponsible behavior

Source: <https://www.hcca.org/images/Conference/JCCC/16/Handouts/78.pdf>

102

**IRRATIONAL THOUGHTS THAT LEAD TO ANGER**

- Bad things happen to bad people, or Good things happen to good people.
- I can't.
- It is awful when things don't go the way I would like them to
- People should have the same values and belief as me, and they should do things the way that I do them
- I must win. I need to have the last word.

Source: <https://www.hcca.org/images/Conference/JCCC/16/Handouts/78.pdf>

103

**IRRATIONAL THOUGHTS THAT LEAD TO ANGER**

- Everything should go my way and I should always get what I want.
- Things should come easily to me.
- The blame is always on me.
- They should
- Jumping to conclusions (She/He is talking about me.)
- All or nothing

Source: <https://www.hcca.org/images/Conference/JCCC/16/Handouts/78.pdf>

104

A	B	C	D	E
<b>ACTIVATING EVENT</b>	<b>BELIEF</b>	<b>CONSEQUENCE</b>	<b>DISPUTING IRRATIONAL THOUGHTS</b>	<b>NEW EMOTION (AND THOUGHTS)</b>
<ul style="list-style-type: none"> <li>External or Internal</li> </ul>	<ul style="list-style-type: none"> <li>Awfulizing: situation is more than 100% bad.</li> <li>I-can't-stand-it-itis: cannot envision enduring the situation.</li> <li>Damnation: excessively critical of self/others.</li> <li>Always/Never thinking: too absolute.</li> <li>Musts</li> <li>demands on self</li> <li>demands about the world</li> </ul>	<ul style="list-style-type: none"> <li>Want to diminish inappropriate negative consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Interrogation</li> <li>Socratic questioning</li> <li>Didactic influence</li> <li>Humorous exaggeration</li> <li>Self-disclosure</li> </ul>	<ul style="list-style-type: none"> <li>Moderation of badness</li> <li>Statements of toleration</li> <li>Acceptance of fallibility</li> <li>Flexibility</li> </ul>

105

A	B	C	D	E
<b>ACTIVATING EVENT</b>	<b>BELIEF</b>	<b>CONSEQUENCE</b>	<b>DISPUTING IRRATIONAL THOUGHTS</b>	<b>NEW EMOTION (AND THOUGHTS)</b>
<ul style="list-style-type: none"> <li>External or Internal</li> </ul>	<ul style="list-style-type: none"> <li>Awfulizing: situation is more than 100% bad.</li> <li>I-can't-stand-it-itis: cannot envision enduring the situation.</li> <li>Damnation: excessively critical of self/others.</li> <li>Always/Never thinking: too absolute.</li> <li>Musts</li> <li>demands on self</li> <li>demands about the world</li> </ul>	<ul style="list-style-type: none"> <li>Want to diminish inappropriate negative consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Interrogation</li> <li>Socratic questioning</li> <li>Didactic influence</li> <li>Humorous exaggeration</li> <li>Self-disclosure</li> </ul>	<ul style="list-style-type: none"> <li>Moderation of badness</li> <li>Statements of toleration</li> <li>Acceptance of fallibility</li> <li>Flexibility</li> </ul>

106

A	B	C	D	E
<b>ACTIVATING EVENT</b>	<b>BELIEF</b>	<b>CONSEQUENCE</b>	<b>DISPUTING IRRATIONAL THOUGHTS</b>	<b>NEW EMOTION (AND THOUGHTS)</b>
<ul style="list-style-type: none"> <li>External or Internal</li> </ul>	<ul style="list-style-type: none"> <li>Awfulizing: situation is more than 100% bad.</li> <li>I-can't-stand-it-itis: cannot envision enduring the situation.</li> <li>Damnation: excessively critical of self/others.</li> <li>Always/Never thinking: too absolute.</li> <li>Musts</li> <li>demands on self</li> <li>demands about others</li> <li>demands about the world</li> </ul>	<ul style="list-style-type: none"> <li>Want to diminish inappropriate negative consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Interrogation</li> <li>Socratic questioning</li> <li>Didactic influence</li> <li>Humorous exaggeration</li> <li>Self-disclosure</li> </ul>	<ul style="list-style-type: none"> <li>Moderation of badness</li> <li>Statements of toleration</li> <li>Acceptance of fallibility</li> <li>Flexibility</li> </ul>

107



108

109

110

111

112



113

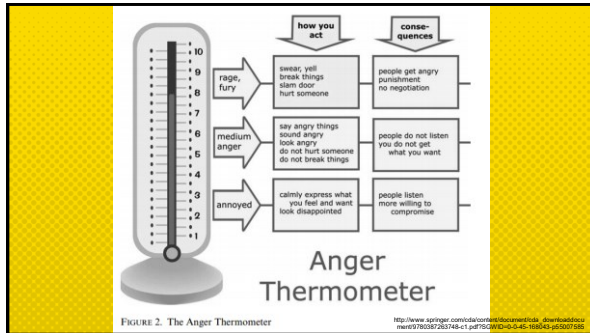
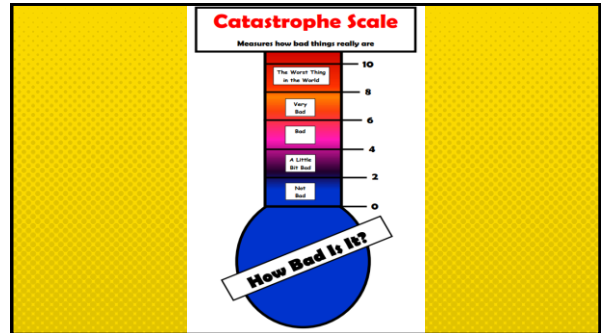


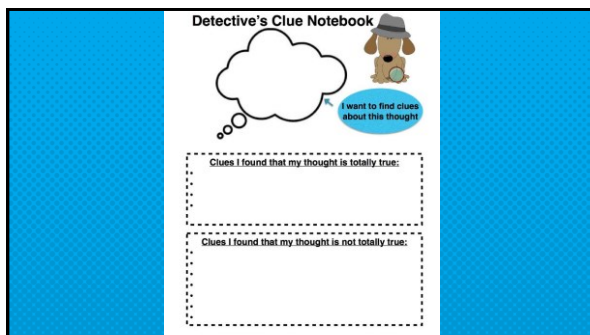
FIGURE 2. The Anger Thermometer

[http://www.springer.com/cda/content/document/cda\\_downloadaddocumment/9780387263748-c1.pdf?CWD=0-0-45-168043-p55007585](http://www.springer.com/cda/content/document/cda_downloadaddocumment/9780387263748-c1.pdf?CWD=0-0-45-168043-p55007585)

114



115

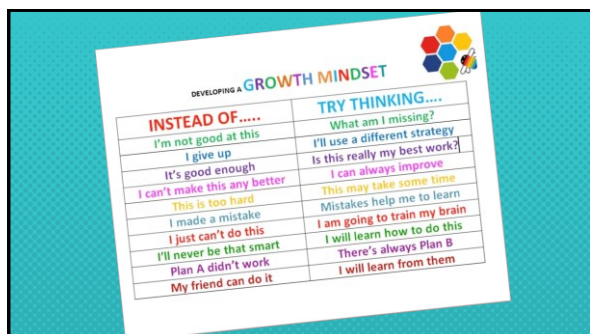


116

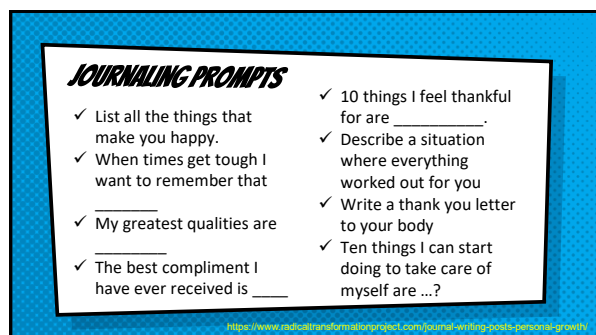




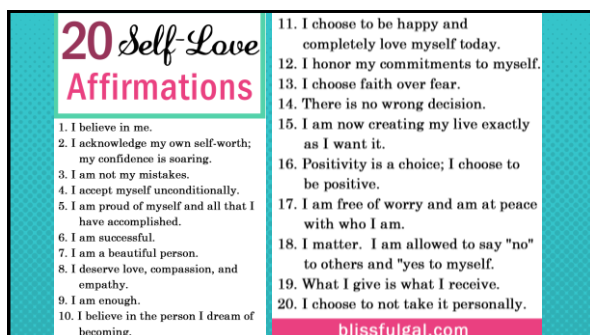
117



118



119



120

**Affirmations for High Self-Esteem and Self-Confidence**

I love myself for who I am.

I totally trust myself.

I grow in strength with every forward step I take.

I can do anything I set my mind to do.

I am capable and strong.

I am able to easily handle any problem I face.

When I breathe, I inhale confidence and exhale fear.

Fear is only a feeling. I can act in the face of fear.


I release my hesitation and make room for victory.

I love meeting strangers and I approach them with boldness and enthusiasm.

I approve of myself and unconditionally deeply love myself.


I live in the present and am confident of the future.

My personality exudes confidence. I am bold and outgoing.




121

**100 POSITIVE AFFIRMATIONS  
TO CARRY YOU THROUGH LIFE**



122

 **The Start of Happiness**

**Top 100 List of Positive Affirmations**

For the full, detailed guide, please visit:  
<http://thestartofhappiness.com/positive-affirmations>

**3 Simple Steps to Saying Positive Affirmations**

1. Take a deep breath!
2. See your positive affirmation. As you're saying the positive affirmation, ALSO do the below:
  - a. VISUALIZE yourself as how you want to be (eg confident). Create vivid imagery in your mind about what you are confident doing. If it's easier, close your eyes.
  - b. FEEL how you want to feel by stating that positive affirmation (eg confident).
  - c. SPEAK how you would when living that affirmation (eg confident).
3. Take a moment to think about how good you feel.


That's it!  
Positive affirmations are simple!

But just remember the two secret components to make them effective:

- a. Physiologically experience the positive affirmation
- b. Do it regularly


**The Best Positive Affirmations For Your Life**

In the following pages, I have compiled the Top 100 Positive Affirmations you will need in your life.

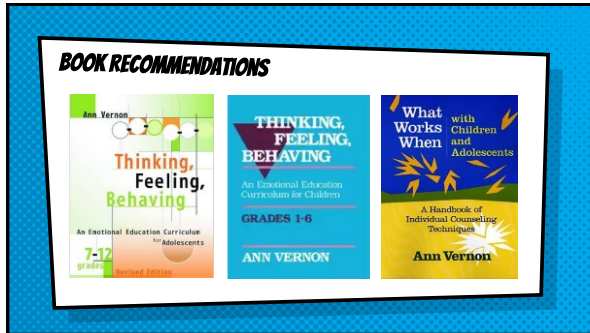


123

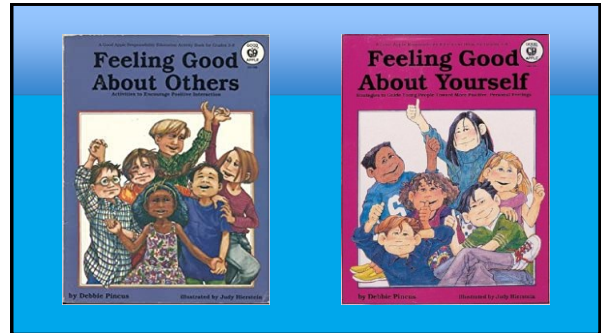
**BOOK RECOMMENDATIONS**



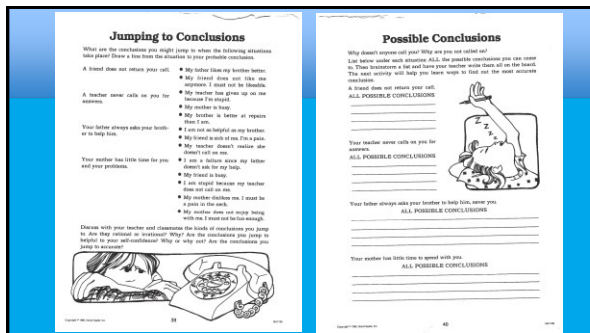
124



125



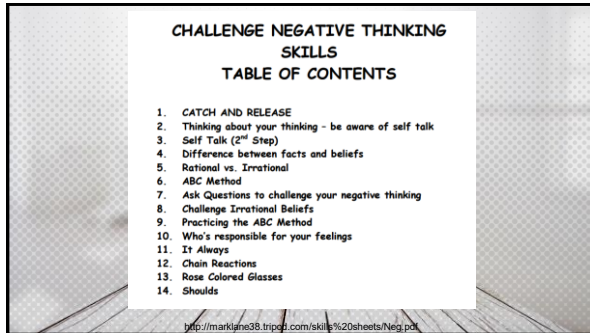
126



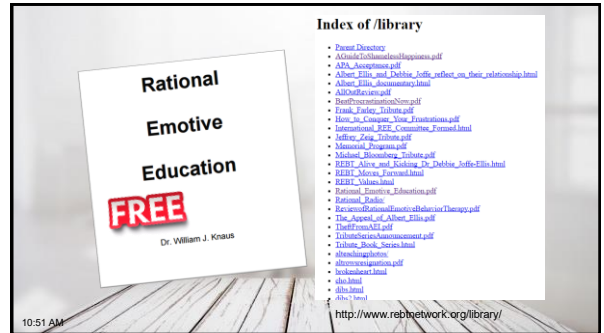
127



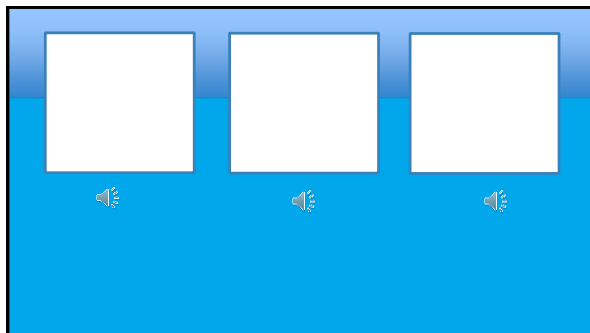
128



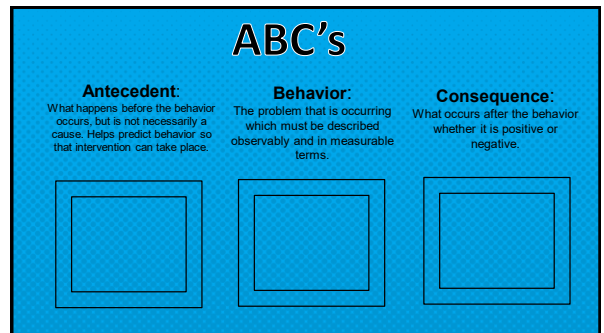
129



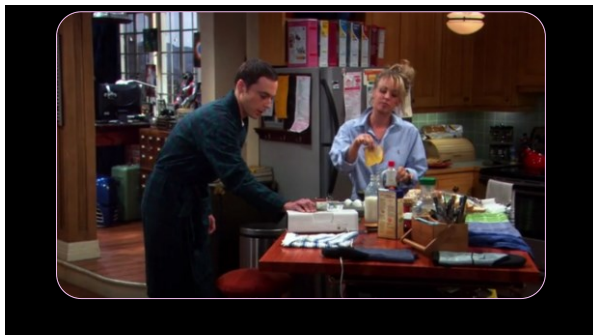
130



131



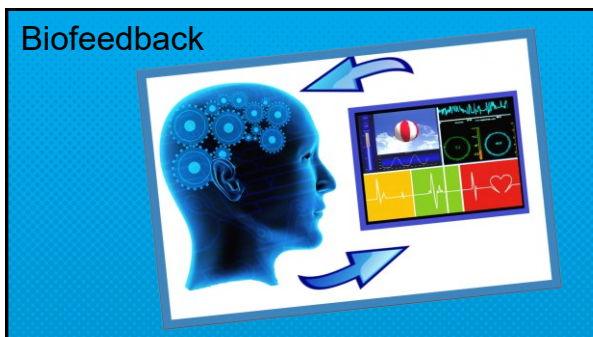
132



133



134



135



136









141



142



143



144

## General Assumptions

- You get more of what you focus on.



145



146



147

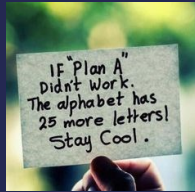
Problem focus	Solution focus
Individual as problem	Individual as whole
What is not working	What works
Analysing past	Focusing on preferred future
Stuckness	Movement
Failures	Successes
Victim	Survivor
Isolated (blamed)	Partnership (empowered)
Hopelessness/despair	Expectation change

Source: [http://dera.ioe.ac.uk/2382/1/pdf/ba\\_cpd\\_focus\\_s0173305.pdf](http://dera.ioe.ac.uk/2382/1/pdf/ba_cpd_focus_s0173305.pdf)

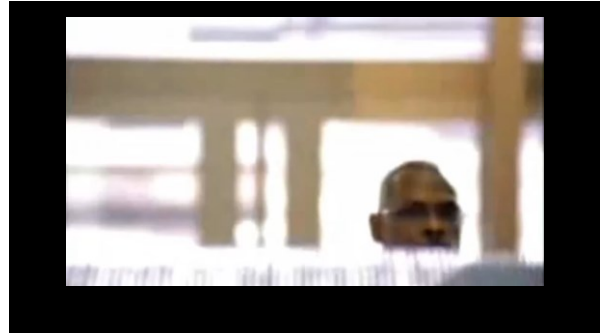
148

## General Assumptions

If what you are doing is not working, need to do something different.



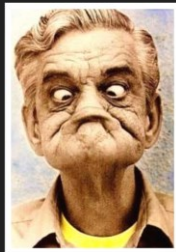
149



150

**There is  
nothing  
wrong with  
you that  
what is right  
with you  
can't fix.**

*Baruch Sharen*



151

## Traditional Problem Talk

- What is stressing you out?
- How long have you been stressing like this?
- How do you explain this problem is occurring?
- How is your stress a problem for others?
- What keeps this problem going ...?

152

## Solution Talk ...

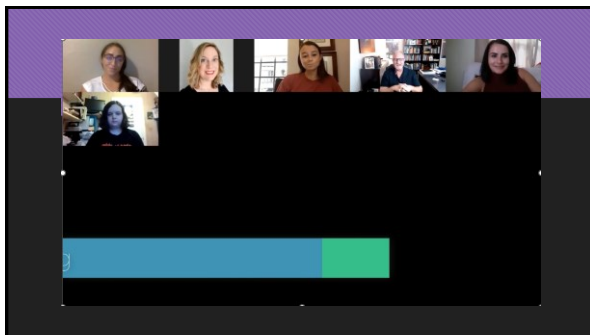
- When is it that this problem is occurring less? That is, how is it that sometimes you are more relaxed?
- How are you able to be more relaxed sometimes?
- How is your work better when you are more relaxed?
- Who notices when you are more relaxed? What do they see you doing?
- What difference does it make to you on your better days?

153

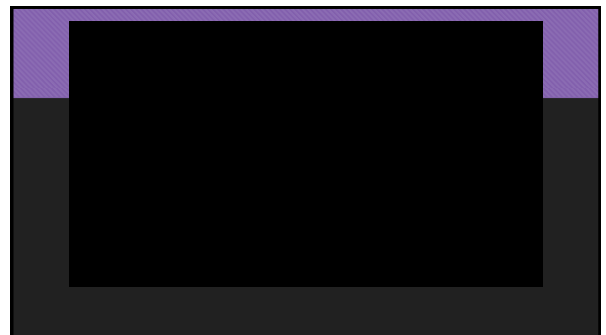
## Scaling



154



155



156



157

## Scaling

1. Explain the scale
2. Pick a number (general)
3. Explore progress already made:  
Cheerlead, detail, mind map, amplify, mine field
4. Explore future progress
  1. Detailed
  2. In their control
  3. In the presence of an action/thought

158

159

160

Number: \_\_\_\_\_  
Date: \_\_\_\_\_ Meeting # \_\_\_\_\_

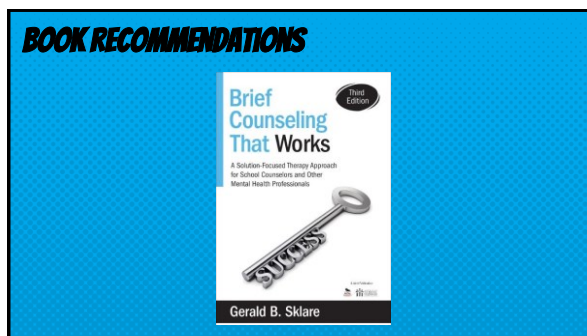
Number: \_\_\_\_\_  
Date: \_\_\_\_\_ Meeting # \_\_\_\_\_

10									
9									
8									
7									
6									
5									
4									
3									
2									
1									
0	1	2	3	4	5	6	7	8	9

Color your progress for each meeting.

Meeting \_\_\_\_\_

161



162

### BOOK RECOMMENDATIONS

Linda Metcalf

Books by Linda Metcalf

Showing 9 Results Books Advanced Search

163

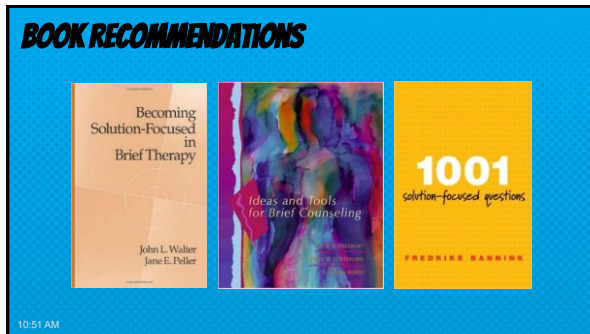
### BOOK RECOMMENDATIONS

Books by Linda Metcalf

Showing 9 Results Books Advanced Search

Sort by Featured

164



165



166

167

**PERCEIVED STRESS SCALE**

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

Name \_\_\_\_\_ Date \_\_\_\_\_

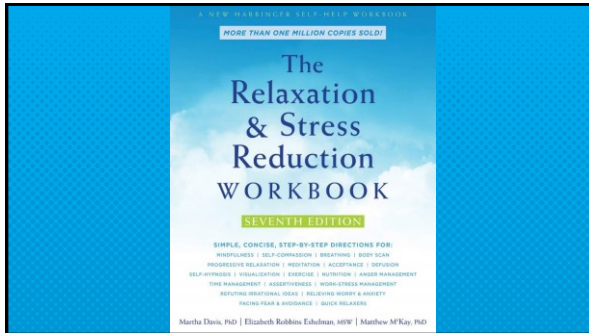
Age \_\_\_\_\_ Gender (Circle): M F Other \_\_\_\_\_

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

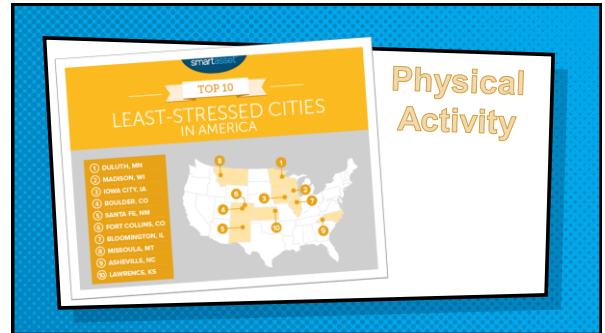
1. In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
3. In the last month, how often have you felt nervous and "stressed"?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
7. In the last month, how often have you been able to control irritations in your life?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?	0	1	2	3	4
9. In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

168

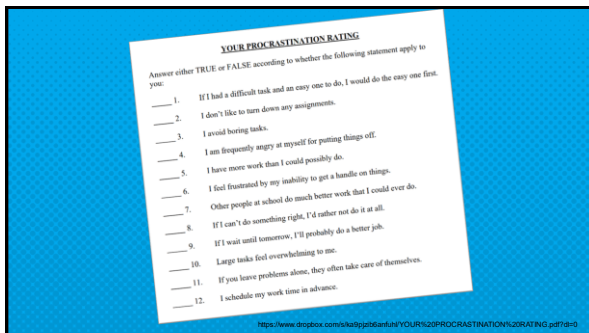




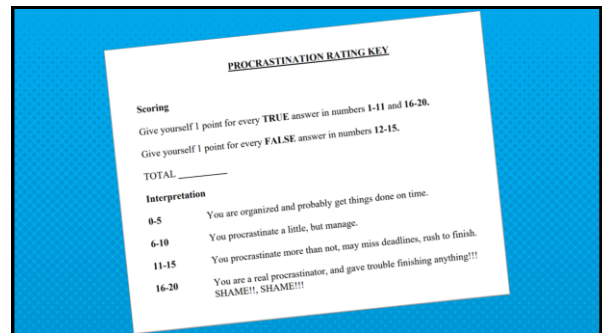
169



170



171



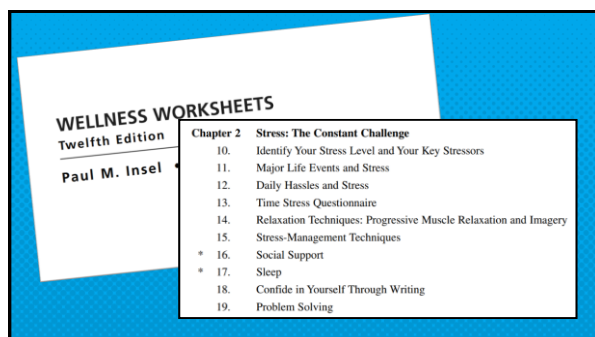
172



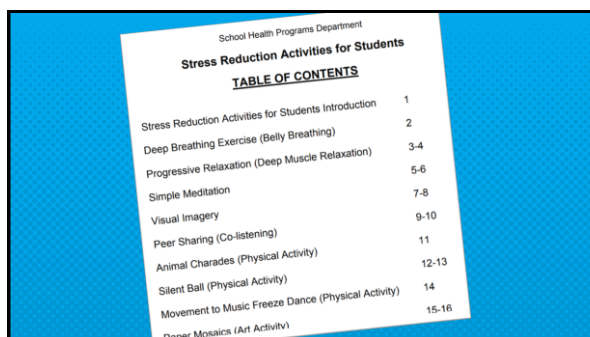
173


<http://bit.ly/stress-bingo>

174



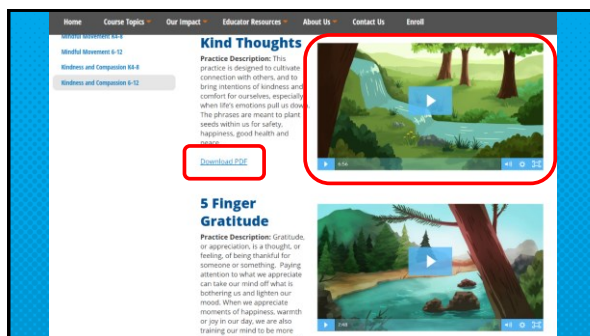
175



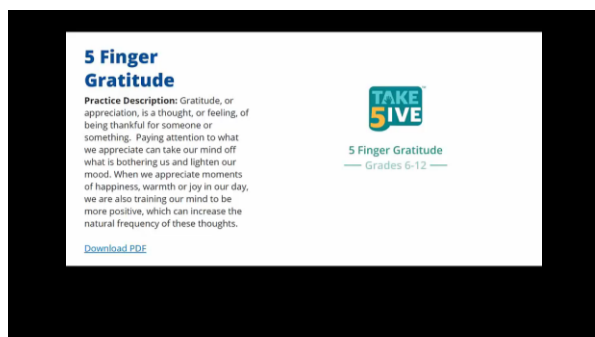
176



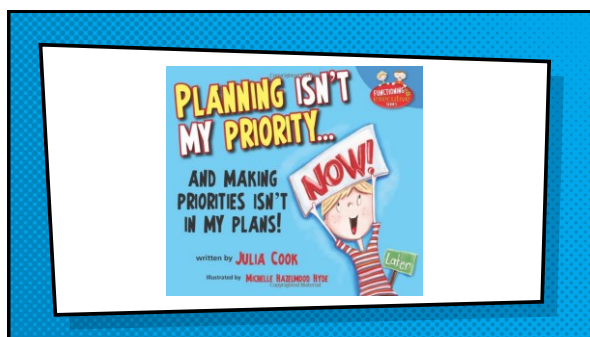
177



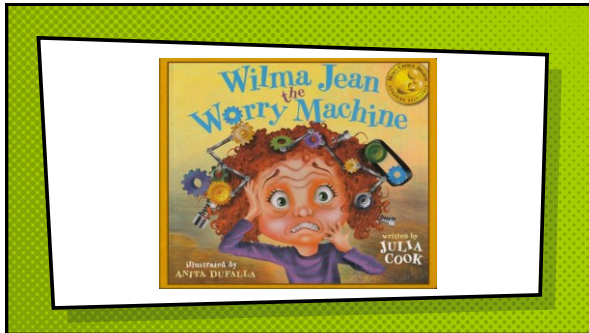
178



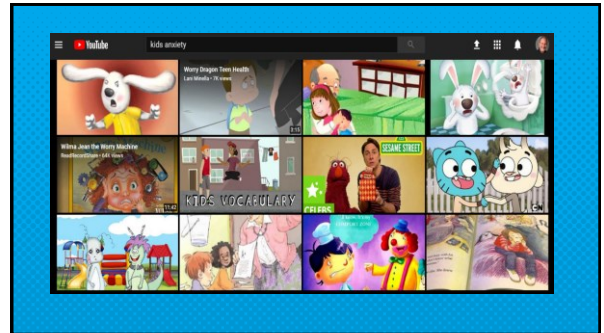
179



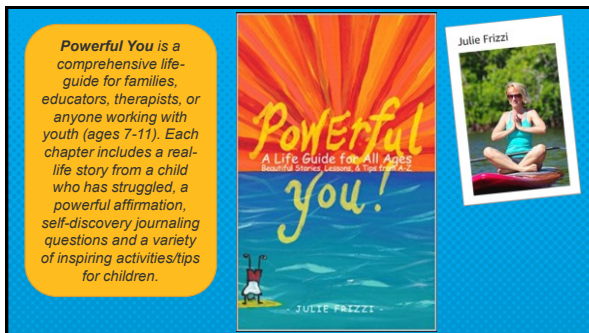
180



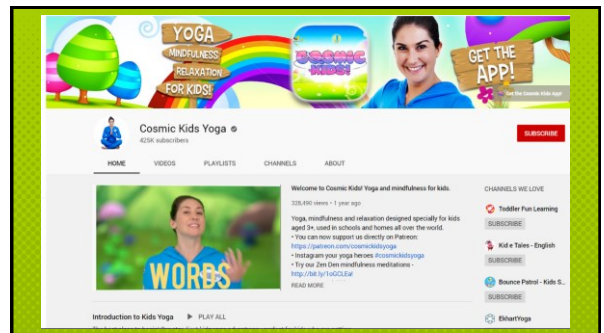
181



182



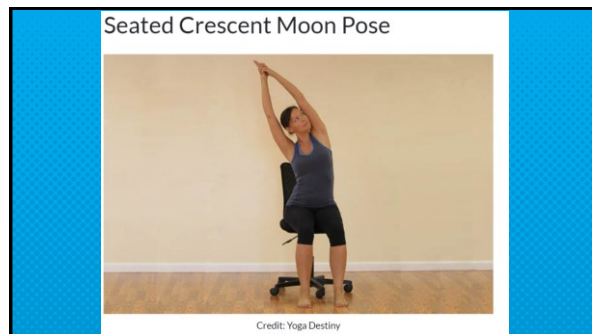
183



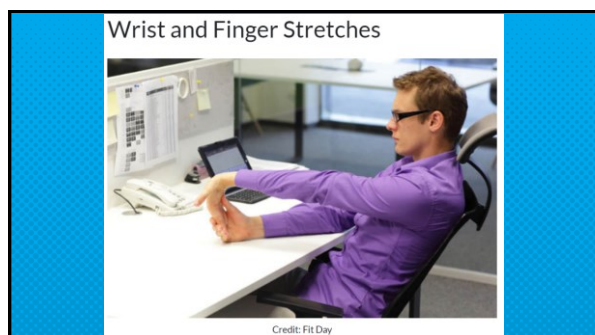
184



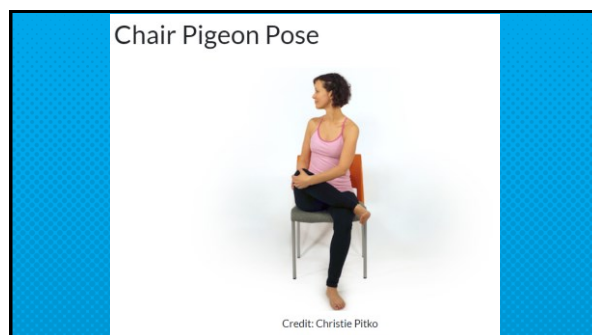
185



186



187



188

Desk Chaturanga



Credit: City Personnel

189

Desk Plank Pose



Credit: Chris Watts

190

**YOGA**  
at your  
**DESK**

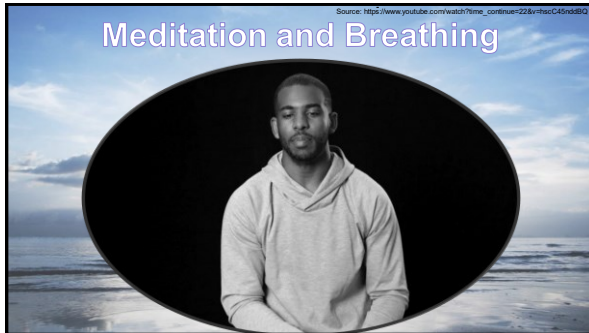
191

10:51 AM

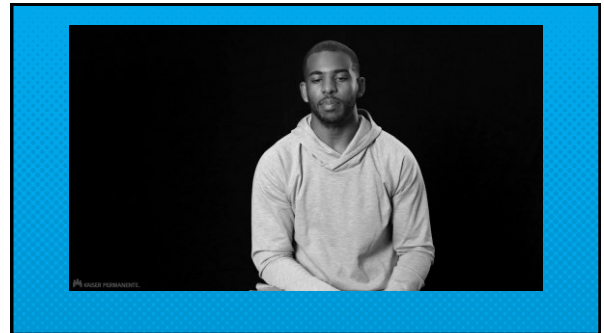
<https://www.youtube.com/watch?v=tAUf7aajBWE>

192





193



194

**Five Steps to Feeling Calm** (use this as a guide to teaching your children)

1. Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand and fingers.
2. Start at the bottom of your thumb and slide your finger up your thumb, pause at the top, and then slide your finger down the other side. Now slide your pointer up your second finger, pause, and slide down the other side. Continue tracing your fingers up, pause, and down. Slide your finger slowly, watch your finger move and notice how it feels. Keep going until you have finished tracing your fifth finger (pinky).
3. Now you are ready to add some breathing. Breathe in through your nose and breathe out through your mouth. Remember to keep it slow and steady.
4. Place your pointer finger at the bottom of your thumb, and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger, and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths.
5. How does your body feel now? Do you feel calm or would you like to take another five?

**CALM DOWN WITH TAKE 5 BREATHING**

1. Stretch your hand out like a star
2. Get your pointer finger ready to trace your fingers up and down
3. Slide up each finger slowly - slide down the other side
4. Breathe in through your nose - out through your mouth
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand

**HELPING CHILDREN MANAGE BIG EMOTION**  
printable poster series

195



196





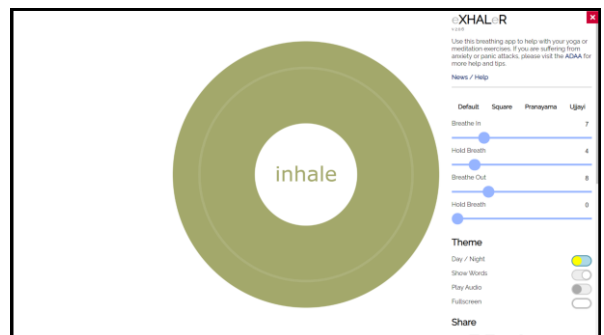
197



198



199



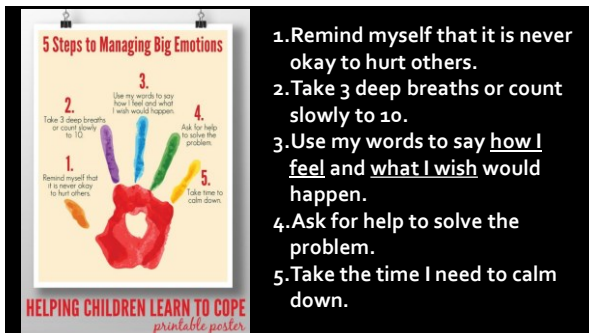
200



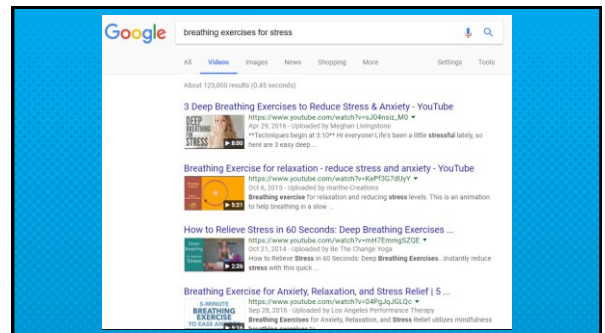
201



202



203



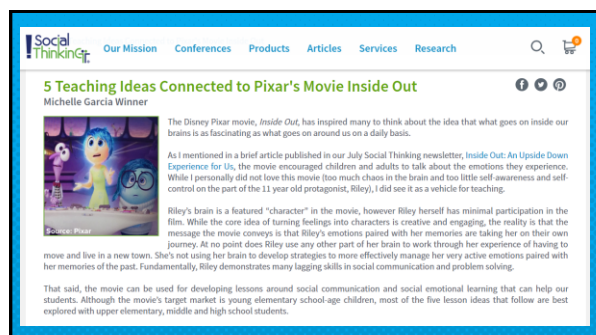
204



205



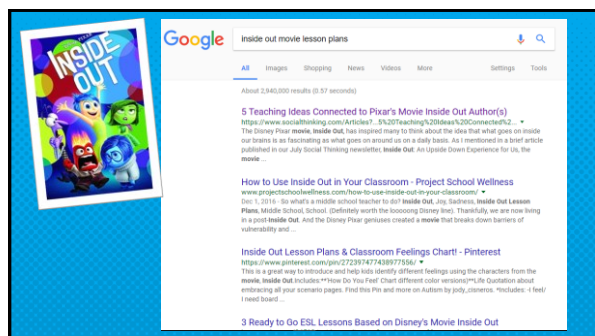
206



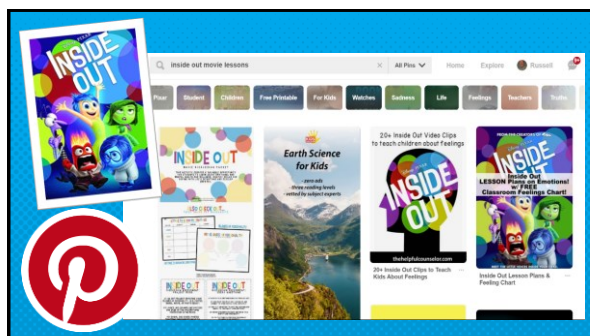
207



208



209



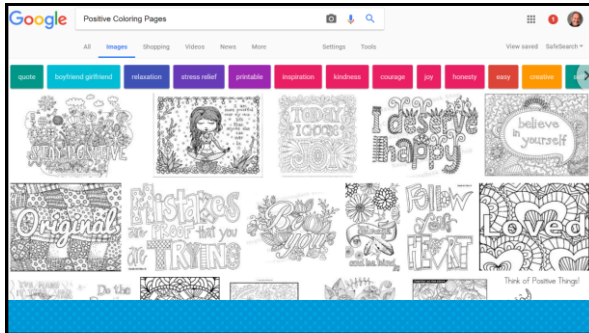
210



211



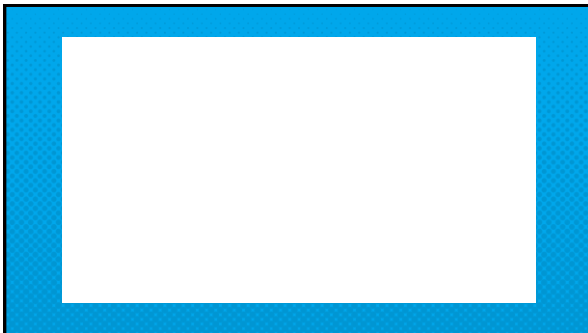
212



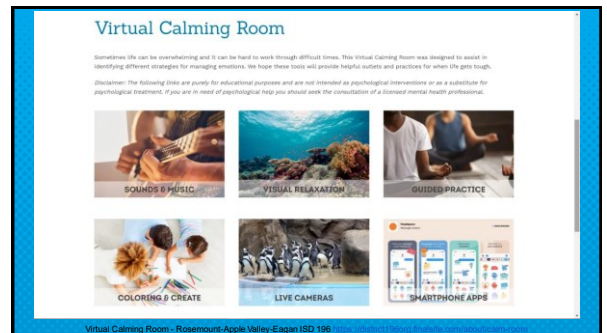
213



214



215



216

**CH** Center for Integrated Healthcare **VA HEALTH CARE** Defining EXCELLENCE in the 21st Century

Information from your Patient Aligned Care Team

**Visualization/Guided Imagery**

**What is Visualization/Guided Imagery?**

Imagery or visualization involves using your imagination to help put your body in a more relaxed state. Just as your body can become tense and stressed in response to thoughts that make us angry or anxious, it can also become more calm and relaxed in response to calming, peaceful, and pleasant thoughts. One of the most basic ways to use imagery to relax is to close your eyes and imagine being in a place that is peaceful and relaxing to you. It may be a place you have actually been in the past, or it may be a place created in your imagination. It might be a quiet beach, a cool, shady spot in the woods, snuggled in front of a fireplace, fishing, or any place else that is peaceful and soothing to you. Use all of your senses in your imagination. For example, see the waves gently lapping on the shore or the light filtering through the leaves of the trees. Hear the birds singing or the leaves rustling. Smell the flowers, the grass, or the salt air. Feel the sun or gentle breeze on your skin. Feel that you are actually there. Smile and let your body relax. Enjoy being there for a few minutes. You can use this as a regular relaxation exercise or in times of stress when you need to relax. Following is a scripted example of a visualization exercise.

217

**Guided Imagery & Visualization**  
Developed by The Center For Mind Body Medicine

**I. What is Imagery?**  
Guided imagery is a form of deliberate and directed daydreaming, and uses all of the senses. The unconscious mind communicates information and inspiration to the conscious mind and to the body as well. Imagery makes thoughts vivid and is connected with many important functions in the brain.

**II. Experiential Exercise: Lemon Imagery**  
To illustrate the effect of imagery on physiological processes, we will examine the process of eating a lemon.

**Script for Lemon Imagery:**  
Take a deep breath and allow your eyes to close... I would like you to imagine now that you are standing in your kitchen or the kitchen of someone you know... in front of you is a cutting board.... Next to the cutting board is a good, sharp knife.... Take a few moments to imagine the kitchen... the color of the countertops.... the appliances.... the cupboards.... notice if there are windows.... and so on.... Also notice any kitchen smells or sounds - the running of a dishwasher or the hum of a refrigerator... or the sound of a clock on the wall... take some time to notice everything, using all of your senses, what do you see.... what do you hear.... what do you smell.... how do you feel being there in your kitchen....

Now imagine that on the cutting board sits a plump, fresh, juicy lemon.... in your mind, hold the lemon in one hand, feeling its weight and textures....

218

**Heartfulness Psychotherapy**  
Katiya Sivak  
604-417-3315  
katiya@heartfulness.ca  
www.heartfulness.ca

**CONTENT**

1. Progressive Muscle Relaxation
2. Guiding Imagery: Beach Visualization
3. Guiding Imagery: Forest Visualization
4. Guiding Imagery: Autumn Forest Visualization
5. Guiding Imagery: Peaceful Meadow
6. Guiding Imagery: Peaceful Place
7. Buddhist Calm Abiding Meditation
8. Calm-Abiding Meditation
9. Walking Meditation Instructions
10. Instructions for Contemplation
11. Tension Dissolving Breath
12. Mindfulness of Hearing & Mindfulness of Seeing
13. The Ratna Exercise
14. Body Scan Meditation
15. Mindfulness of the Breath
16. Breathing Space
17. Three Minute Breathing Space
18. Sitting Meditation: Mindfulness of the Breath and Body
19. Mindful Walking
20. Sitting Meditation: Mindfulness of Sounds and Thoughts
21. Mountain Meditation

Grounding Exercises

Progressive Muscle Relaxation

Meditation

Visualization

Guiding Imagery

219

**progressive muscle relaxation**

One of the body's reactions to fear and anxiety is muscle tension. This can result in feeling "tense", or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you "tense up" when you're feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension. This information sheet will guide you through a common form of relaxation designed to reduce muscle tension.

**Muscle tension**  
Muscle tension is commonly associated with stress, anxiety and fear as part of a process that helps our bodies prepare for potentially dangerous situations. Even though some of these situations may not actually be dangerous, our bodies respond in the same way. Sometimes we don't even notice how our muscles become tense, but perhaps you clench your teeth slightly as your jaw feels tight, or maybe your shoulders become tense. Muscle tension can also be associated with backaches and tension headaches.

**Relaxation sequence**

1. **Right hand and forearm.** Make a fist with your right hand.
2. **Right upper arm.** Bring your right forearm up to your shoulder to "make a muscle".
3. **Left hand and forearm.**
4. **Left upper arm.**
5. **Forehead.** Raise your eyebrows as high as they will go, as though you were surprised by something.
6. **Eyes and cheeks.** Squeeze your eyes tight shut.
7. **Mouth and jaw.** Open your mouth as wide as you can, as you might when you're yawning.
8. **Neck.** Be careful as you tense these muscles. Face forward and then pull your head back slowly, as though you are looking up to the ceiling.
9. **Shoulders.** Tense the muscles in your shoulders as you bring your shoulders up towards your ears.
10. **Shoulder blades/back.** Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward.

**Progressive Muscle Relaxation**  
One method of reducing muscle tension that people have found helpful is through a technique called Progressive Muscle Relaxation (PMR). In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practice this technique consistently.

**preparing for relaxation**  
When you are beginning to practice progressive muscle

220

### Progressive Muscle Relaxation Script

Progressive muscle relaxation is an exercise that relaxes your mind and body by progressively tensing and relaxation muscle groups throughout your entire body. You will tense each muscle group vigorously, but without straining, and then suddenly release the tension and feel the muscle relax. You will tense each muscle for about 5 seconds. If you have any pain or discomfort at any of the targeted muscle groups feel free to omit that step. Throughout this exercise you may visualize the muscles tensing and a wave of relaxation flowing over them as you release that tension. It is important that you keep breathing throughout the exercise. Now let's begin.

Begin by finding a comfortable position either sitting or lying down in a location where you will not be interrupted.

Allow your attention to focus only on your body. If you begin to notice your mind wandering, bring it back to the muscle you are working on.

Take a deep breath through your abdomen, hold for a few seconds, and exhale slowly. Again, as you breathe notice your stomach rising and your lungs filling with air.

As you exhale, imagine the tension in your body being released and flowing out of your body. And again inhale...and exhale. Feel your body already relaxing.

As you go through each step, remember to keep breathing.

Now let's begin. Tighten the muscles in your forehead by raising your eyebrows as high as you can. Hold for about five seconds. And abruptly release feeling that tension fall away.

221

### DARTMOUTH

## Student Wellness Center

### Virtual Student Wellness Center

The staff at the SWC is committed to supporting your wellness during this time of challenge and distance. Please take advantage of the virtual services and programs we have developed that we would love to hear your ideas for furthering our virtual offerings to meet the needs of our students! Email your ideas to [Student.Wellness.Center@dartmouth.edu](mailto:Student.Wellness.Center@dartmouth.edu)

**Wellness Check Ins**  
Talk through anything you've been carrying in your head or on your heart with a member of our team in a one-on-one Zoom meeting.

**Zoom Yoga Classes**  
You're taking our weekly, free, all-levels Yoga for Stress Relief class online!

**Zoom Mindfulness Meditation Drop Ins**  
STOP, check in, and practice a little mindfulness as community together.

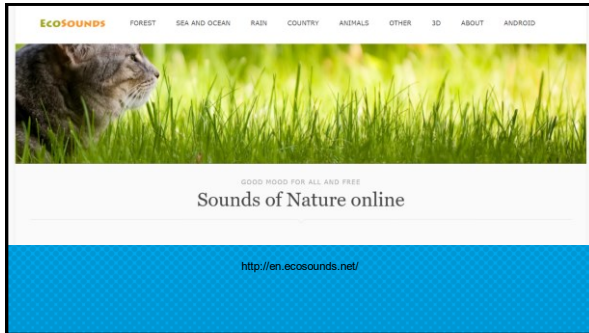
**Relaxation Downloads**  
Enjoy an expanded library of newly recorded guided meditations.

222

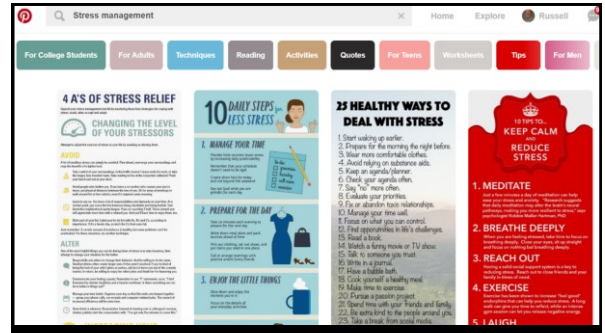
223

224

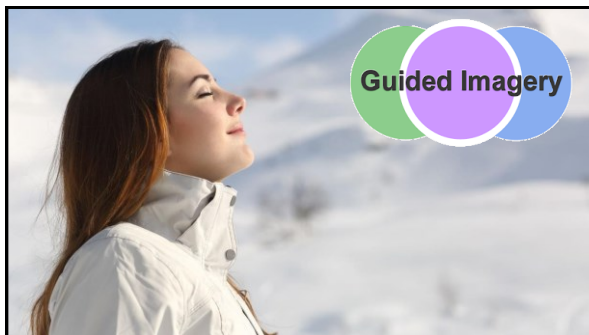




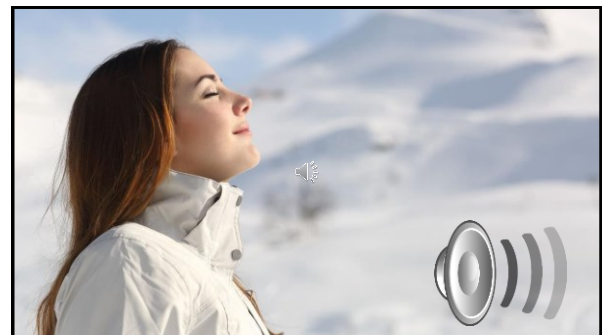
225



226



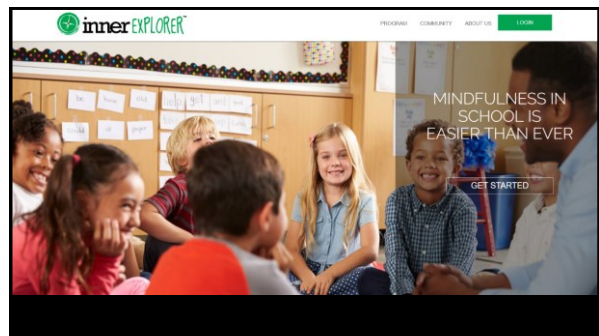
227



228



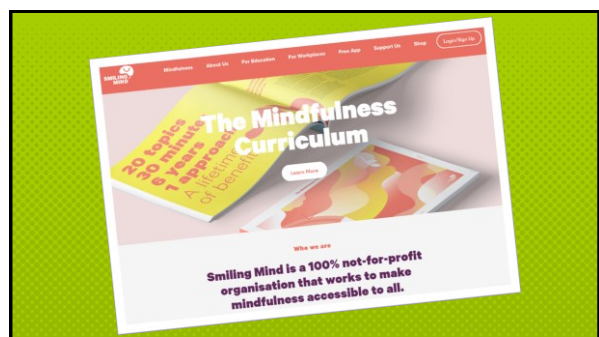
229



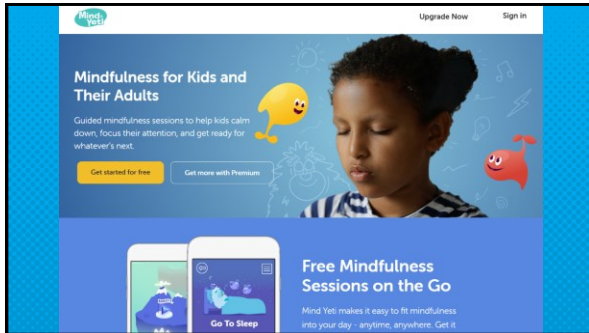
230



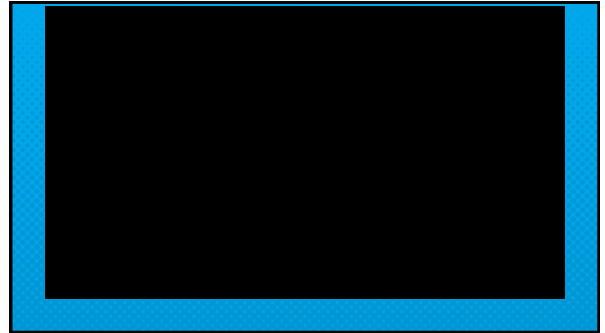
231



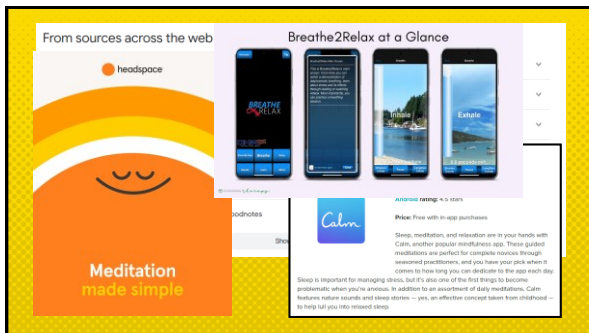
232



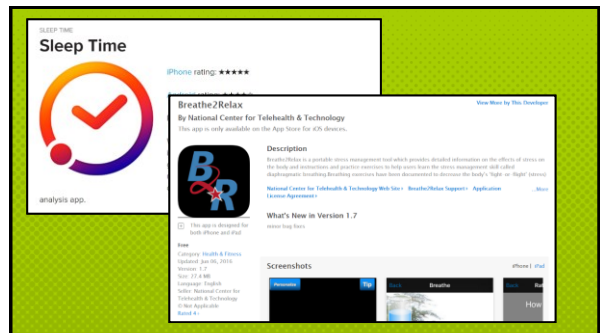
233



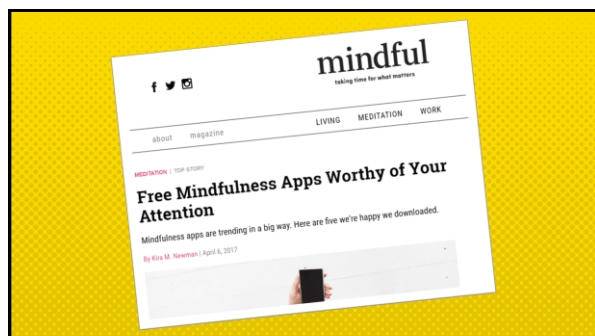
234



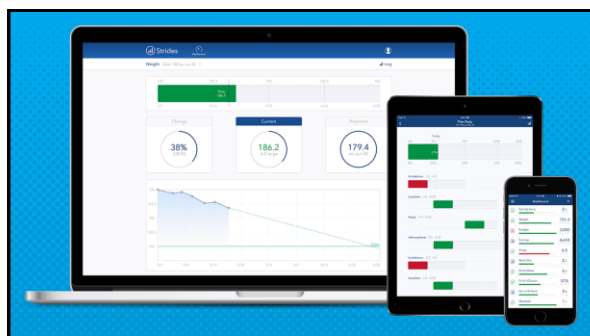
235



236



237



238

### Track Anything

Four trackers for any goal or habit you can imagine: Target, Habit, Average & Project.

**Easy Setup**  
Start with one of our popular templates, or create your own fully-customizable tracker.

**Habit Tracker**  
Track good or bad habits with a goal of X times per day/week/month, and see your streak.

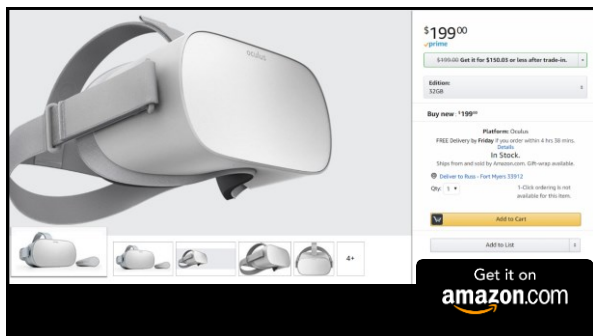
**Goal Tracker**  
Set goals for anything you want to improve: Health, money, productivity, business, etc.

**Free Trial:** Track all your goals & habits free for 30 days, or up to 10 free forever on iPhone or iPad.

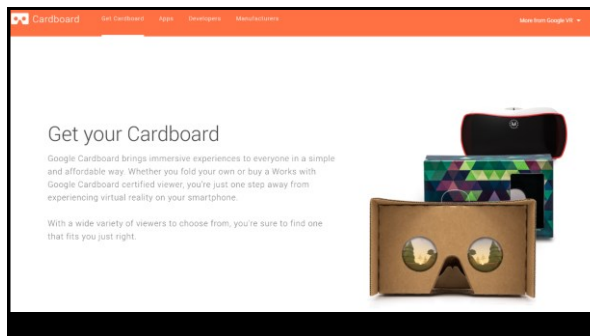
239



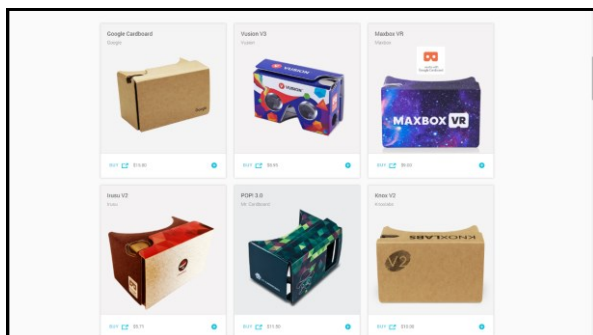
240



241



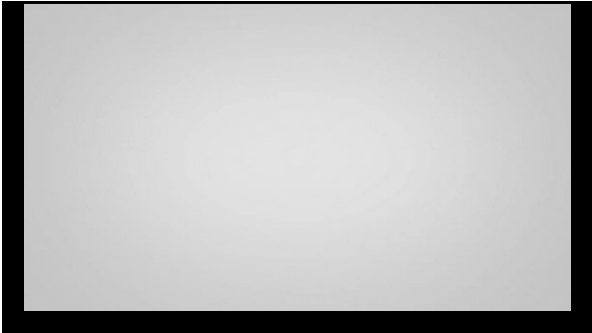
242



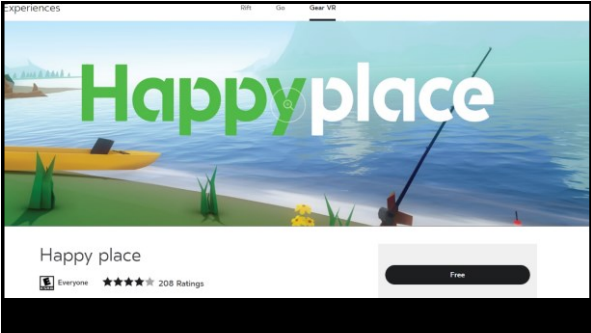
243



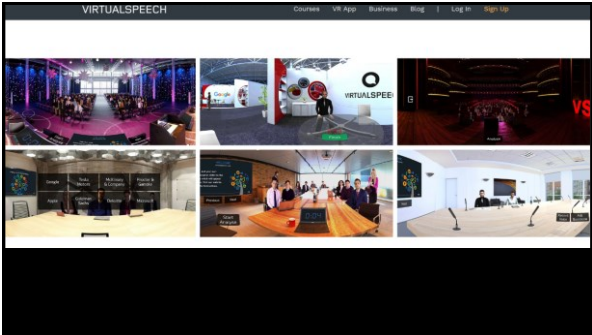
244



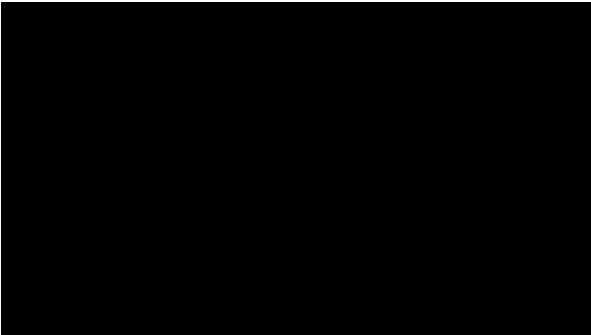
245



246



247



248





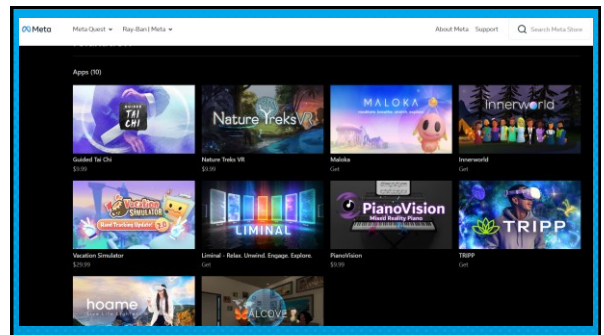
249



250



251



252

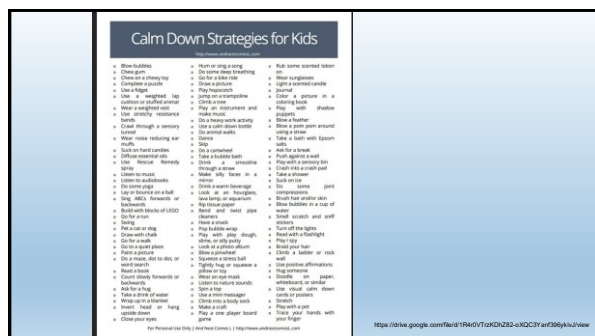


253

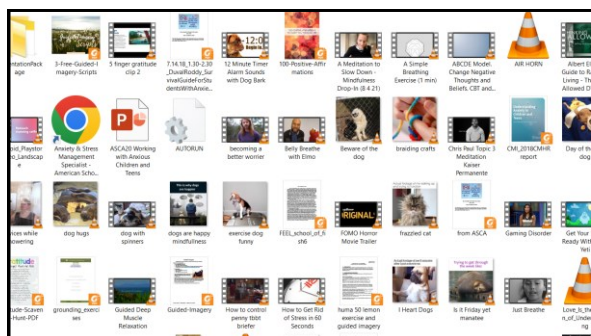
254

255

256



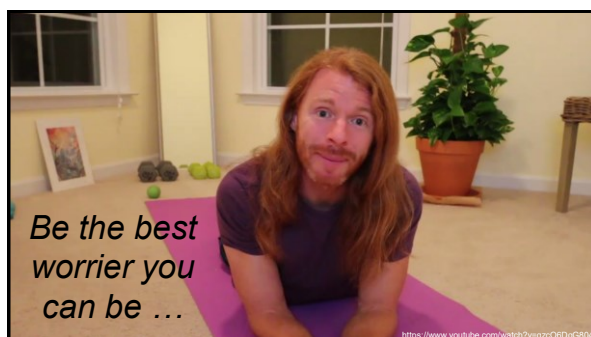
257



258



259



260



261



262



**Russell A. Sabella, Ph.D.**  
Florida Gulf Coast University  
239-590-7782  
rsabella@fgcu.edu

www.SchoolCounselor.com  
www.GuardingKids.com  
www.twitter.com/rsabella  
www.myDataBootCamp.com

DOWNLOAD  
FILE

<http://bit.ly/help2relax>

263