

Stress and Guided Imagery Technique

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ABSTRACT

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes feel frustrated, angry, or nervous. Stress is body's reaction to a challenge or demand. Causes of stress – different factors like physical, social, emotional can causes stress. Types of stress- Acute Stress, Episodic Acute Stress, And Chronic Stress. Guided imagery- The term guided imagery denotes the technique used in the voluntary instance, by which images are recalled from long-term or short-term memory, Effectiveness of guided imagery technique – various study showed that guided imagery technique had significant effect of reducing the stress.

Key words- Stress, Causes of stress, Guided Imagery Technique, Effectiveness of guided imagery technique.

INTRODUCTION

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes feel frustrated, angry, or nervous. Stress is body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps to avoid danger or meet a deadline. Stress can be a motivator. It can be essential to survival. The “fight-or-flight” mechanism can tell us when and how to respond to danger. However, if this mechanism is triggered too easily, or when there are too many stressors at one time, it can undermine a person’s mental and physical health and become harmful.

Stress is a normal reaction the body has when changes occur. It can respond to these

changes physically, mentally, or emotionally¹.

Causes of stress –

- Health issue
- Family disturbance
- Financial crisis
- Separation of spouses
- Single parenthood
- Social isolation
- Poverty
- War and violence
- Cultural differences
- Political unstably
- Job crisis
- All unfavorable condition

Types of stress- According to the American Psychological Association, the three types of stress - acute stress, episodic acute stress, and chronic stress.

Acute Stress-Sometimes stress can be short, and specific to the demands and pressures of a specified situation, like a deadline, a performance or facing up to a difficult challenge or traumatic event. This type of stress often gets called acute stress².

Episodic acute stress-People seem to experience acute stress again and again. This is sometimes referred to as episodic acute stress. These kind of recurring stress episodes may be due to a sequence of very actual stressful challenges, for example, lost a job, then rising health troubles, followed by financial crisis. For some people, episodic acute stress is a combination of real challenges and a tendency to operate like a ‘stress machine’. Some people tend to worry endlessly about bad things that could

happen, are frequently in a rush and impatient with too many demands on their time, which can contribute to episodic acute stress².

Chronic stress-The third type of stress is coined as chronic stress. This includes ongoing demands, pressures and worries that seem to go on eternally, with little hope

of letting up. Chronic stress is very harmful to people's health and happiness. Even though people can sometimes get used to chronic stress, and may feel they do not notice it so much, it continues to wear people down and has a negative effect on their relationships and health².

Effect of stress-

On body	On mood	On behavior
Headache	Anxiety	Overeating or underrating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

Guided imagery-

The term guided imagery denotes the technique used in the voluntary instance, by which images are recalled from long-term or short-term memory, or created from fantasy, or a combination of both, in response to guidance, instruction, or supervision. Guided imagery is therefore the assisted simulation or re-creation of perceptual experience across sensory modalities. Since many years, the effectiveness of guided imagery has been validated by research, demonstrating its positive impact on health, wellness, attitude, behavioral change and peak performance³.

Guided imagery is a successful stress management therapy and popular for several reasons. It can rapidly relax body and at the same time calm down mind. It's easy to practice. it can help to refers in minutes, it is also play effective role during facing stress full event.

Method –

1. Find a comfortable place to sit or lie down. Close your eyes.
2. Start by just taking a few deep breaths to help person relax.
3. Picture a setting that is calm and peaceful. This could be a beach, a mountain setting, a meadow, or a scene that you choose.

4. Imagine scene, and try to add some detail.
5. It often helps to add a path to scene.
6. As person follow the path further than person feel more and more relaxed.
7. When person are deep into scene and they are feeling relaxed, take a few minutes to breathe slowly and feel the calm.
8. Think of a simple word or sound that can use in the future to help return to this place. Then, when people are ready, slowly take out of the scene and back to the present.
9. Tell yourself that you will feel relaxed and refreshed and will bring your sense of calm with you.
10. Count to 3, and open your eyes. Notice how you feel right now⁴.

Effectiveness of guided imagery technique

– Stress is common phenomena of present life pattern and it leads severe mental illness and disturbance. Guided imagery is effective way to confront the stress without any side effect. Some studies are-

Meike Müller- Engelmann was conducted study on effect of guided imagery on post traumatic stress and he found that pt show significant improvement in clinical trial and self reported symptom⁵.

Sofia T soli et al also find the effectiveness of guided imagery combined with muscles relaxation technique. Their study revealed that in cancer affected patient with chemotherapy guided imagery have positive outcomes to reduce or control the stress⁶.

Åse Marie Hansen, Christian Golde et al - were conduct controlled trial on effectiveness of guided imagery on work related stress. And found that guided imagery is reduces work related stress⁷.

Sukyong Kil et al -were conducted a study on effect of guided imagery on stress among performing nursing skill. The levels of stress significantly reduce in performing nursing skill procedure. And further study should be carried out⁸.

CONCLUSION

Stress is unavoidable part of daily life. Guided imagery technique is effective in stress management without any side effect.

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