

Taming Stress with Guided Imagery and Progressive Muscle Relaxation

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Evidence Based Practice - Guided Imagery

- Berkman study - 22.1% of patients reported using visualizations to cope with MS
- Pennsylvania study - lessened anxiety and increased more active and powerful images of their bodies coping with MS
- Additional immune system studies - biologically oriented imagery

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Evidence Based Practice - Progressive Muscle Relaxation

- Ghafari et al study - significant improvement in quality of life after using PMRT at home for 8 weeks
- Jeferson study - 5-20 minute exercise as beneficial as one hour of sleep for fighting fatigue
- Dayapoglu and Tan study - overall improvement on sleep, particularly in the area of comfort

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Guided Imagery

- Formation of mental images, taking one on a visual journey to a place of relaxation and calm
- Benefits
- Challenges - negative images can contribute to fatigue/major depression



<http://www.healthline.com/health/depression/guided-imagery>

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Progressive Muscle Relaxation



- Tensing and releasing of muscles often paired with breathing
- Connection between excessive muscle tension and body and mind disorders
- Benefits - improved quality of life in physical and mental health

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Exercise 1: Guided Imagery



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Exercise 2: Progressive Muscle Relaxation



<http://askdrdani.com/wp-content/uploads/2012/09/meditation.jpg>

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Resources

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