



GUIDED IMAGERY

This relaxation technique employs Mental and Physical Relaxation through suggestion. Use the worksheet below to determine her Safe Place. Once you have this completed, you can use it to recreate her safe place using her adjectives.



Ask mom to get into a comfortable position and close her eyes. Now ask her to think of a place, real or imagined, that she has gone in real life or not. Let her think about it for a few minutes before asking her the following information:

Where are you?

What do you see?

What do you hear (rain, sand, surf, birds, music)?

What do you smell (ocean, flowers)?

What do you feel (sand, grass, breeze, touch)?

What are you doing (standing, sitting, swimming)?

Anything else about your special place?

You can use this dialog to create a drawing, shrine, script, or other artwork that mom can use for a reminder, distraction, focal point, or relaxation cue words during labor and birth.