

Stress Reduction

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Induction

Please just make yourself nice and comfortable... let your body sink into the chair... arms comfortably at your side... letting yourself go loose... beautiful... perfect... we are going to have a wonderful session today... so, to begin, I would like you to take a lovely deep breath... all the way in... and hold it... and release... feeling good already... and another deep breath... hold... and release... and now one more... hold... and release...

Now just let your breathing slow and return to a normal pattern... you will notice as we progress that your breathing will slow... as you relax deeper and deeper down... This is natural and good... and you feel more and more relaxed... you notice that with every word that I say your body lets go just a little bit more and your mind follows your body as it too... relaxes... more and more... deeper and deeper...

Today we are going on a journey in your mind... using your imagination you will go on a camping trip... a trip to get away to the simple life... to notice another way of living, a wonderful way of living where all things happen slowly... and life is stress-free... comfortable... and easy...

Relaxing deeper now... as you use your imagination to see that you have gone on a camping trip all by yourself... to get away and to relax... to be at one with yourself at all times... Imagine now that you have found a beautiful spot in a forest just beside a small stream... you have set up your tent and all of your facilities are ready... as you now relax back into your camping chair at last... all the hard work is done... and the chair is very comfortable, and you relax and let go...

As your eyes take in the beautiful forest... your legs at last relax and let go... your thighs, your knees... and your calves all relax as you can feel the muscles let go... your feet relax now as well as your toes... all stress gone... as your hips relax into the chair and tension flies away as if on a bird's wings...

You notice how the leaves on the trees gently sway with the breeze as you let your upper body relax... your stomach... and your chest... you let the tension and stress go... as you relax your lower back... and your upper back... letting yourself sink ever deeper into relaxation... and now your shoulders relax... feel them let go and relax... as your arms, hands and fingers are now limp at your side...

With each breath you can smell the intoxicating scents of wild-flowers that surround your camp-site... and with each breath comes ever deeper relaxation... as all the

muscles in your neck now relax... you allow them to relax... allowing all the muscles in your jaw to relax... and your cheeks... all tension now gone... your nose... your eyes... the muscles in your forehead now release and let go... feel them relax... beautiful... perfect... and lastly you can relax completely and deeply as you relax the top of your head... your scalp... as you feel the gentle, warm breeze caress you... and... relax you...

The deepener

As you are relaxing in your comfortable camping chair you have come to notice the relaxing sounds around you... you notice that as you hear each sound it makes you relax deeper and deeper down... the relaxing sounds of life in the country... so calming... so relaxing... with each sound more and more stress leaves your body... it filters away into the air... and you can almost see it... yes... you can visualise it now as all of your accumulated stress wafts away... in that gentle and warm breeze... that healing breeze...with each new sound that you hear... stress ever so gently leaves you and is carried away for ever...

From this moment on... as each new sound is presented to you you will relax ten times deeper down... each sound will let you relax ten times deeper than the sound before... calm you and relax you... ten times deeper...

You can hear the leaves rustling in the breeze... relaxing... calming...

And now you can hear the stream babbling over rocks... deeper and deeper...

You hear distant sounds of life... far, far away...

You hear the birds singing in the trees... relaxing ten times deeper...

You can hear the gentle rustling of the canvass of your tent... soothing sounds...

You hear a wild dog call across the valley... letting yourself go completely...

You hear the wooshing sound of the grasses in the wind... deeper and ever deeper...

You can now hear some children playing in the distance... a beautiful and calming sound...

The distant sound of laughter releases all stress and tension as you allow this wonderful feeling of relaxation to sweep all throughout your body and mind...

And at last you hear the most wonderful and healing sound of all... the sound of silence... as all seems quiet now as you reach a state of complete calm and relaxation... you let yourself go completely and your mind now opens to all of the

positive suggestions that I will give you... and the only sound that you will hear is the sound of my voice... as every word I say will calm you and relax you ever deeper... more and more...

The Script

This is the most relaxing day of your life as you start to notice how relaxed you have become... away from all the stresses of your everyday life at home... far away from phones... away from your job... time to yourself...

See clearly now in your imagination as you begin to move about the camp-site... notice that you are now moving so much slower... all of your movements have slowed... as they now seem to be quite naturally pacing the natural world around you... everything in nature has its perfect speed... its perfect speed is a slow speed... to provide perfect and stress-free results... you can see that nature's speed is indeed stress-free... see in your mind how your body has slowed to copy that... how better that is for you... how it relaxes you... how it calms you...

Notice now how you have so much more time to go about your days activities... both time and you are moving so much more slowly... you now embrace the art of slow living... taking your time to enjoy what you do... to allow yourself, at last, to love what you do... even though you are taking your time about your day, notice how you still seem to get everything done... From now on rushing is a thing of the past for you... a stress-free you... because you have now seen and now adopt a new way of living... slow living is the key to reducing stress in all of your activities...

You stop your camping activities for a moment now to take some time out... rest awhile... take a breather... there is always time available to rest... from now on you will always take time out to rest and take a break from your activities... now that you will always take time out to rest each day you will notice how you magically seem, somehow, to get so much more done... all with less effort... because you are rested... and can once more move ahead refreshed...

See in your mind now as you just stop for a moment... see how refreshing it is to be without all of your gadgets... how you automatically de-stress when you leave your gadgets out of your day... your mobile phone... your tablet... the TV... the computer... so nice to switch them off and put them aside... so much more time to relax and just to let yourself be yourself... from today forward you will make the effort to de-clutter your life of all your stress causing gadgets... you will often take time-out from them all...

On this camping trip... without all the distractions of so many things to do at once... you have come to know and respect the simple pleasure of just doing one thing at a time... how marvellous it is... how relaxing it truly is... to do just one task at a time. You will make a mental note, that from now on, multi-tasking is a thing of the past...

one task at a time is the new way you do things... as all tension and stress leaves you now...

Moving forward on your camping trip... after a few days away from home you notice that you are at last quite naturally obtaining at least eight hours sleep every night... this allows you to awake refreshed and energised every morning... from now on you love sleeping all night long... every night... Sleep is a natural cure for stress... in your imagination now you can see that you can indeed obtain a good eight hours sleep every night... you will arrange your lifestyle accordingly... and reap the rewards of a stress-free life... so relaxed, calm and comfortable... all stress and tension gone for ever...

The Awakening

It is time for you to at last pack up your camp and to head home... refreshed and renewed in body, mind and spirit... Stress is a thing of the past... you now live life at a slow pace that your mind and body handles with ease and success... one thing at a time for you... resting often... taking time out whenever you feel the need... sleeping well for eight hours every night... switching off gadgets so that you may live life... a beautiful, calm and relaxing life...

In a moment I will count down from five to one, and on the count of one you will wake refreshed, relaxed, calm and renewed...

5... all stress and tension gone and forgotten...

4... new life beginning to course throughout your body...

3... beginning to stir...

2... eyelids opening, and...

1... fully awake, refreshed, renewed and ready to start anew.

