

## Guided Imagery/Relaxation/Stress Reduction Tools



The Ohio State University

<http://wexnermedical.osu.edu/patient-care/healthcare-services/integrative-complementary-medicine/guided-imagery>

Guided imagery practices can help patients relax, improve sleep, prepare for surgery, experience greater clarity, compassion and gratitude and feel more calm, confident and comfortable. Ohio State's Center for Integrative Health and Wellness offers the following free guided imagery recordings.

[osuhealthplan.com/members/ohio-state-employee-assistance-program-eap/osu-eap-tools](http://osuhealthplan.com/members/ohio-state-employee-assistance-program-eap/osu-eap-tools)

The website provides the following information: "Guided imagery audio exercises are intended to help de-stress your life, de-clutter your mind, and help you get above the pressures of your life. OSU Health Plan Manager Patrice Rancour developed and narrates these three-to-six-minute guided imagery exercises promoting good health and well-being. Download them to your phone or music player for a quick and easy way to relax no matter where you are. The OSU Employee Assistance Program is happy to offer you the following complimentary tools to help you through stressful times at home and work."

### ***Additional Guided Imagery Stress Reduction Tools via Websites:***

#### **Dartmouth College Guided Imagery Downloads**

[dartmouth.edu/~healthed/relax/downloads.html](http://dartmouth.edu/~healthed/relax/downloads.html)

#### **University of Illinois – Urbana and Champaign - Trip to the Beach Download**

[mckinley.illinois.edu/units/health\\_ed/stress\\_audio/beach\\_txt.html](http://mckinley.illinois.edu/units/health_ed/stress_audio/beach_txt.html)

#### **Kaiser Permanente**

[go.osu.edu/KaiserPermanente](http://go.osu.edu/KaiserPermanente)

### ***Additional Information on stress reduction tools:***

#### **National Center for Complementary and Alternative Medicine - National Institutes of Health**

[nccam.nih.gov/health/stress/relaxation.htm#use](http://nccam.nih.gov/health/stress/relaxation.htm#use)

#### **National Center for Complementary and Alternative Medicine – National Institutes of Health Meditation: An Introduction**

[nccam.nih.gov/health/meditation/overview.htm](http://nccam.nih.gov/health/meditation/overview.htm)

#### **Mayo Clinic - Meditation: A simple, fast way to reduce stress**

[mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858?pg=1](http://mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858?pg=1)