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Appendix I

Script for Guided Imagery Relaxation

It is normal to feel uncertain...with the changes in your life right now. ...Your listening to this tape.... may help take you away from your worries,or help you manage them, or any stresses you may be feeling.. Using this relaxation tape may also helplower your blood pressure. Lie down, ...or recline in a chair, ... and make yourselfas comfortable as you can,with a small pillow ... or rolled towel ... or blanket under one of your hips. Loosen any clothes that feel too tight, ...uncross your legs,and let your arms rest comfortably. This relaxation exercise... is a tool that you can use ...as a break from any concerns ...you may be experiencing right now... Just follow my voice as you listen to this tape. ... Let your eyes close gently , ... and follow my voice. ... Now, As you rest your eyes..... you may feel yourself start to relax..... This time is for you.....Feel yourself start to breathe slowly ... and deeply [PAUSE]. With each breath, ... feel any discomfort, ...tension, ...stress ...or strain ... start to leave you..... [PAUSE LONGER] As you breathe out, ... you may feel a soothing wave of relaxation ...flowing around and through you... with each breath....You may hear occasional sounds in the background, ... but they will not be a distraction for you. These relaxation breaks may be beneficial to you now, ...and may also help ... as you go through the changes of pregnancy ...and of new

parenthood.[PAUSE] By taking this time for yourself, ...you are mothering your baby....[PAUSE] You deserve this special time....

.... Let your tensions go with each breath you breathe....You feel comforted feel your burdens ...float away...[SLOW, PAUSE]. Release them, one by one....just allow them to float away....with each breath....[LONGER PAUSE] Feel,[PAUSE], imagine, any concerns,....worries, ...uncertainties ... flowing away..... like bubbles Or like waves ... receding on a shoreline...Let any tension go ... with each breath....[BREATH OUT]You may feel those breathsas if they are gentle waves, rocking you, ... comforting you Rocking softly,slowly,....Calm,[PAUSE] peaceful... You may feel yourself lighter, ...less heavy, ...less burdened.... Remember that ... in this relaxed state, ...you are still totally... in control.....[PAUSE] If any problem were to occur, ...you would be able to respond to it... .. You have people who are looking out for you and your baby You are not alone.At any time you feel you need to stop this tape, ...you will be able to open your eyes ... and you can emerge ... from this relaxed state...feeling calm and comfortable...alert and relaxed....Remember, ...in this relaxed state ... you are still...fully in control...At some level, ...your mind perceives everything...but for the next few minutes, ...you can focus, ... and enjoy a time away ...from the many busy thoughts ... of your day. Sometimes, negative thoughts ... may cross your mind. You may wish to just put these thoughts aside ... for the next little while, ...just let them fade away, ... you can deal with them ...later... Continue to follow my voice You feel calm [SLOW, PAUSE]Calm in

mind, ...calm in spirit, ...calm in body.... ... Breathe deeply.... [PAUSE]

This is your special time Feel your body be comfortable relaxed
..... Enjoy the sense of relaxation ...and comfort ... you feelNotice
how you feel yourself lighter,

... as you let negative feelings ...drift away..... „This is your
time to take care of ...to nurture ...yourself ... and your baby
....Your taking time for yourself ... Being kind to yourself... will help
you ... as you mother this baby... Continue to focus ...on your breathing
now... Continue to breathe slowly and deeplyLet your mind be at
peace Let yourself feel calm, [PAUSE]...very
calm...relaxed...strong... With each slow ... deep breath out, ... you
may feel more and more relaxed. ...Feel your body relax ... from the top
of your head ...to the tip of your toes ... Just follow my voice.

Now, as your body ... and mind feel relaxed ...as you continue to
breath deeply, ... perhaps you would like ... to imagine that ...you are in
a special place.... Your own private sanctuary ...one where you feel
comfortable, ... wonderful... nurtured, ... safe and sound.... where you
can relax ... totally ... your retreat. ...This placecan be a real place, ...
where you have been before, ... or perhaps it is a place you would like to
go... Or one that isn't finished yetor exists only ...in your own
imagination. ... Any comforting place you want... It can be a natural
place, ... outside , or a room or space indoors.... This ... nurturing
space... in your mind... can be your „safe haven“, one where you can
feel „safe and sound“, ... serene and peaceful. You can be private ...

in this space ... or ... you can imagine bringing someone ... that you choose ...with you.

You can experience ... all of this scene now, ... with all ... of your senses... [SLOW] Continue to close your eyes, ... but what do you see ... in your mind's eye ...as you look around ? ...What is in this place? ... See it ... imagine it all....as clearly as you can. ...Take in all the details. ...What colours do you see? ...Enjoy those colours.Notice, ... the objects here,....perhaps trees,plants...., even a piece of furniture that you love. ... Notice how you feel here. ...Feel [EMPHASIZE] the environment around you...Perhaps the air on your face,... a breeze across your cheek, ...perhaps the gentle warmth of the sun, ...It feels goodrenewing..... You can feel the textures ...of the things there... You may begin to notice ... pleasing sounds of that environment, ...and smell wonderful smells. [SLOW] Concentrate on this place...Experience it,... explore it ...at your own pace ... Is there a path you want to wander down? If so, feel free to stroll down that path .Or perhaps ...there is something else ...that you want to explore here ... [EMPHASIZE] Feel the tranquillity here ...[SLOW] Take time to feel, [PAUSE] ... to enjoy. ... Continue to breath slowly, ...and follow my voice. [PAUSE] ... It is tranquil here

Soothing...peaceful..... Allow yourselfto enjoy the feelings of comfort and joy ... you may be experiencing.... Explore at your own pace ... Enjoy it with all of your senses[PAUSE] ...You may wish to stay in your sanctuary longer If you wish [EMPHASIZE]. You are in control ...And so ,...when you feel ready to leave, ... and come back to

the outside world, ...just count slowly, ... from five ... to four, ... to three,... to two,to one At that time, ... leave negative feelings ...and thoughts behind, and bring some of the calm, peaceful feelings with you ... back to the room, As you count, ...you will feel more and more focused ...on your breathing and your sensations Notice how relaxed you feel,... calm and centred within yourself. This sense of calmness ...is something that you can reach at times when you need ...to feel that way. ...You can return ...to your wonderful placeby following my voice on the tape ... or just by ...closing your eyes....You can keep things as

you want in your special place, ... or make changes ...or add things anytime you want. You can go there ...whenever you need a break...or need to take time for yourselfand experience that sense of relaxation.