

Guided Imagery

Guided imagery is a method of using your mind, all of your senses, your emotions, your spirit and your body, together, to direct your imagination toward healing. It is a complement to medical treatment, not a substitute for it.

If you want guided imagery tapes for use at home, you can order them at www.healthjourneys.com or call 1(800) 800-8661.



The term imagery is actually misleading as it is much more than “seeing” images. Guided imagery actually delivers messages to your body and mind in the form of symbols and metaphors. These messages work on a subconscious level where many of your inner resources for health and well-being dwell.

Practiced over time, guided imagery can reduce anxiety, reduce adverse side effects such as nausea, fatigue and depression from chemotherapy, radiation therapy, and other cancer treatments, and generally helps with relaxation.

How to Use Guided Imagery

Guided imagery is something you can do during your cancer treatment, during a stay in the hospital, or at home. We have both CD's and audiocassettes available on numerous topics such as cancer, chemotherapy, radiation, healthful sleep, fatigue and stress reduction.

If you are interested in learning more about guided imagery, please speak with Cheryl Nelson, LCSW, (208) 367-3150.