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Guided meditation for anxiety and depression script

Today's children are facing sensory overload. From an early age, entertainment and information just clicked away, such as TV, movies, video games, internet, mobile phones, electronic books and other technology devices, although technology has become a recreational activity, but it makes our sense too, reducing our personal contact and reducing the amount of exercise we engage in. Although parents may limit their children's screen time, we are constantly attacked with information and technology. Plug us out and move us away from connecting with ourselves and each other. Despite our best efforts to create a balanced lifestyle, stress creeps into our daily lives. Many of us are too much and overdue. Our children are no exception. Adults may not know that our children are very stressed. The world is more complex and not just the pressures of schools and friends affecting children. No longer. Free play time has fallen as a plethora of extracurricular activities jump in to fill every spare moment. Children are given fresh coverage of natural disasters, wars and other negative media that may cause anxiety and stress in children, so it is not surprising that anxiety-related disorders in children and adolescents are on the rise. Children, especially younger children, can not easily identify feelings of stress and anxiety like adults. They may not connect to stomach cramps, headaches, freckles or irritability as symptoms of anxiety. Depending on a child's age and ability to perceive emotions, it can be difficult to understand because they are abstract concepts. Feelings such as sadness and happiness can be easily understood, but disappointment, irritability, grief and anxiety are hard to imagine, as feelings can be confusing and overwhelming, helping your child identify and take into account their feelings to help them navigate difficult times. Mindfulness techniques can be applied to children from an early age, which helps them to develop self-awareness and expertise above their feelings. The advantage of a guided photo is a natural way to introduce children to consciousness, namely through the photo with the tour guide. Guided images are a meditation process that uses visualization and imagination to raise awareness of body connections. Children can easily access this healing process because they naturally imagine. With relaxation in bright stories, they are given the tools to deal with stress, pain or difficult feelings. It's a wonderful way to connect with your child when they learn to listen to their inner wisdom and reach out to the power of their own healing. Guided images can be useful for a wide range of problems, and the process can be adapted to suit your child's specific needs. It can help reduce stress in all children, but it can also help solve specific problems such as sleep problems, anxiety tests, jitters or illness. It can enhance coping skills, promote self-esteem, increase creativity and Immune system For more serious problems, navigation images are recognized as a form of treatment for anxiety, depression, learning disabilities, attention deficit disorders and to help patients prepare for surgery and procedures considered as an alternative treatment for years, a picture with a guide being widely accepted in the medical and scientific worlds. Psychology today reported on a study in the journal Pediatrics, which found that navigational images significantly reduce chronic abdominal pain in children. In this study, 30 children with chronic abdominal pain listened to visual CDs in the last eight weeks; 63.1 percent experienced significantly reduced pain, compared to just 26.7 percent in the control group who received only traditional medical care. An interesting note for this study is the complete compliance of the children's requirements. Everyone enjoys listening to a photo CD with a guide so much that they want to finish their studies. Further research shows that visual navigation training can create new neural pathways and strengthen positive behaviors. Our brains can't distinguish between real and imagined events. When you imagine yourself in a situation where your brain releases biochemistry, depending on your feelings about a person or event. For example, remembering hot arguments will release stress hormones in your body. While focusing on loved ones or happy experiences will increase levels of endorphins and serotonin, making you feel more relaxed and positive. Guided images encourage the brain to imagine positive experiences and treatments that help to improve health coping skills and practice new behaviors by focusing on your mind's eyes to achieve goals and creating the desired image of yourself, your brain creating new pathways to strengthen this behavior. This technique has been used for years by trainers and athletes to build confidence and improve performance. Getting started with visual guides is directed by scripts, whether read by adults or listening to recordings. The script will guide your child on a specific journey in the desired area. There are ever-increasing image resources with instructions (see our Resources page for instructions). As you become more familiar with the process, you may want to customize your script or create your own according to your child's interests. Experiment with what suits your child. Guided images should be made in a quiet environment away from tv interruptions and electronics. Playing soft and relaxing music can help turn off background noise, and using the same music at a time can help create sensory reminders to keep your body relaxed. Before starting the visual script, navigate, guide your child through relaxing exercises to make them more comfortable and deeper. Exercises, deep breathing or progressive one-on-one relaxation are effective. Many of these techniques can be found with recommended image scripts. Bring pictures to your child, you are creating a safe and special place for them to go. They will travel to a wonderful and quiet, self-designed place, which is a place they can visit whenever they want. Your child will find a private guide who may appear as a person, pet or spiritual person, which will keep them in touch with their own wisdom and healing powers. As you guide your child through this experience, it is important to allow them to have their own internal experience to provide encouragement and numerous processing and reflection opportunities. To maximize the benefits of the image, guides should be trained several times a week over several months. If your child is facing a specific problem or illness, daily practice is best. Here are some ideas to help you get started: In our busy and distracted world, the concept of consciousness and the practice of guided images is an invaluable gift that you can give to your child. As they grow and face new challenges, guided images give children lifelong tools that can help build confidence, cope with stress and access to wisdom within. Imagine walking along a long white beach. You can hear seagulls and gentle rolls of waves. You're walking into a soft sea breeze. The sun is shining on you, keeping you warm, you're looking for a place to be quiet and comfortable. This feels as if it's your beach alone. You stop and stand out, looking out over the immensely expansive ocean. It shows the water-top green, purple in the middle of the water, and the powerful underwater gray of mixing and spinning colors create bubbly white peaks at the top of each wave. You feel the power of the ocean and the world. A short distance in front of you, now you notice the big white house, it's bending down against you. You follow a short path to the house and see that the big door is open. Your feeling that it's okay for you to go inside, it's safe and peaceful. You find yourself in a large hallway with plants and paintings. A beautiful marble staircase stands in front of you. You know you want to get up that stairs. You realize a very heavy backpack that you carry all the time. Your backpack is full of worries, problems, worries and negative feelings. You've been carrying them for a long time and you know this backpack is weighing you down. Your shoulders are aching and your back feels tight and stiff from all these feelings. Slow Your backpack and with your worries and concerns. You feel released for free! Now you can easily go up the stairs. Each step you perform, you will be light, happy and quiet. Comfort and happiness live in you, and now there is nothing to get in the way of feeling they reach them with comfort and happiness. Now at the top of the ladder you are strong and confident. A large window is open at the top of the stairs, and in front of it is a large white comfortable chair. You sit down and face the window, see the beautiful ocean again. This time it was yours, you looked from your chair by the window in your house. Breathe in the soft ocean and know you're at home. In our busy and distracted world, the concept of consciousness and the practice of guided images is an invaluable gift that you can give to your child. 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