

The numbers in brackets below represent the time, in seconds, the reader was instructed to pause in between sentences.

Introduction (Available at all times)

Guided imagery allows you to imagine pictures, emotions, sounds, tastes, smells, and other sensations associated with your pregnancy. This program uses guided imagery audio files to help you strive for a healthy lifestyle during your pregnancy. [2] Guided imagery has been used successfully to help people improve their physical health, mental health, and well-being for many years. [2] To make the most of the program, listen to at least one audio file each day. [2] Each file is less than 5 minutes long and includes breathing and relaxation exercises. You are encouraged to listen to the relaxation file at bedtime but you can also apply your relaxation skills anytime you feel anxious or stress.

Week 1: Sleep and Relaxation

This audio file is intended to help you sleep and you are encouraged to listen to this at bedtime. As you listen now, try to create vivid and realistic images that include sights, sounds, tastes, physical sensations, and positive emotions. [3] Focus on the details of your images as best you can as if you are actually experiencing this right now. [3] Combine your images with deep breathing by putting your hands on your belly and chest. [4] As you breathe in, the hand on your belly should rise before the hand on your chest while you relax your shoulders. [4] Inhale through your nose for 3 to 5 seconds. [4] Then exhale through your mouth and you'll notice that the hand on your chest will lower first followed by the hand on your belly. [3] You will continue to focus on your breathing for the next few minutes. [4] As you inhale through your nose, feel your belly rise and enjoy the clean air. [4] As you exhale through your mouth and feel your belly lower, imagine any stress or tension leaving your body as that air is released. [4] Breathe in positive thoughts about yourself as a calm and healthy pregnant woman. [4] Exhale through your mouth and continue to release any stress that you feel or other concerns. [4] Practice breathing and seeing these images for the next several minutes after this file stops. [4] Enjoy your new sleep and relaxation audio files and guided imagery at bedtime. [4]

The same breathing activities and imagery that helps you fall asleep right now can also help you when you experience contractions, pain, or stress. [3] You are encouraged to practice your relaxation skills periodically throughout the day and night or whenever you feel anxious. [3] With practice, you will become more confident using these new skills in your daily life. [3]

Week 2: My Baby

Remember how you practiced breathing from last week by focusing on your belly rising and falling. [2] Focus on your breathing for the next few minutes. [2] Feel the rise of your belly as you breathe in. [2] Then feel your chest lower as you exhale. [2] Exhale slowly while thinking “I am healthy and I am growing a healthy baby.” [3] Release any tension in your body and mind. [3] Allow yourself to breathe deeply and fully, down to your belly. [3] Feel the rise of your belly as you breathe in and hold that breath, then the fall of your belly as you breathe out. [3] Take a few more deep breaths and enjoy feelings of calm and relaxation knowing that your body is changing and that these changes are a natural part of being pregnant. [3]

Take a few moments to visualize yourself being pregnant and your baby growing inside of you. [4] Think about all that this means to you and your life going forward. [4] Realize that your body is changing and that these changes are good and natural and essential for a healthy baby. [4] Embrace feelings of acceptance while seeing these changes to your body and knowing that you are providing a healthy home for your baby. [4]

Now imagine the sensations of the baby inside of you and take a moment to enjoy your baby’s presence. [3] Think about what it feels like knowing that your baby is growing inside of you. [3] Imagine how connected you are with your baby. [3] Think about the deep connection that you have with your baby, including how he or she may experience your excitement and energy. [3] No one is as close to your baby as you are, you are lucky to have this very meaningful experience. [3] Feel the position of the baby inside you and realize that as your baby grows you may start to sense movements and changes. [3]

Now imagine yourself walking. [3] Imagine the energy you feel while you walk as you walk comfortably someplace that you are familiar with and how this energy is transferred to your baby. [3] See and feel the blood circulating throughout your body as you and your baby are connected [3] Say to yourself ‘my baby is growing into a healthy person.’ [3] You are happy and satisfied that walking will help your baby grow strong and healthy. [3] As you continue imagining yourself walking, [3] see and feel stress leaving your body. [3] Imagine that with each step you take - your neck, arms, and shoulders become more relaxed. [3] Experience the pleasure of knowing that you feel good on the inside while your baby is growing healthy inside you. [3] Throughout the day, continue to take deep belly breaths, relax your body, and practice visualizing yourself as a healthy and happy woman. [3]

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4 Take a deep breath and hold it for 3 to 5 seconds. [4] Exhale slowly while thinking “I am growing
5 a healthy baby.” [4] Release any tension in your body and mind. [4] Allow yourself to breathe deeply and
6 fully, down to your belly. [4] Feel the rise of your belly as you breathe in [4] and then the fall of your
7 belly as you breathe out. [4] Remember that you can use your breathing and imagery anytime that you
8 feel anxious or stress.
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12 See yourself taking a long walk in a place that you are comfortable with. [3] Imagine the details
13 of this place such as the time of day and temperature. [3] Are you outside or inside? [3] What is the
14 temperature like where you are? [3]; appreciate the sights [3], sounds [3], and smells of this place. [3]
15 Feel the breeze on your skin as you walk faster. [3] Feel your heart beat faster and your breathing
16 increase. [3] Notice your lungs filling deeply with clean, fresh air [3] and all this air reaching your baby
17 through the bloodstream. [3] Pick up your pace and notice you are breathing evenly. [3] As you continue
18 walking, increase the length of your stride and notice that your hips will feel more open. [3] Imagine as
19 you walk that you pull in your belly button and you feel closer to your baby. [3] As you feel closer to
20 your baby notice that the tension in your lower back is released. [3] You are strong and your baby grows
21 stronger with you. [3] See yourself continuing to walk every day and feeling your breathing become
22 easier. [3] Each day that you are walking, notice the improvement in your health and mood as your baby
23 continues to grow strong and healthy. [3] As you walk and are physically active, your body will release
24 good hormones into your bloodstream that will be passed on to your baby. [3] Notice that as you
25 become better at visualizing, you begin to feel lighter and you have less stress. [3] Imagine a healthy
26 home for your baby inside your body. [3] Sense lightness in your body and mind. [3] Notice how much
27 stronger you feel both physically and mentally. [3] As you imagine yourself being active, you feel strong
28 and empowered. [3] See and experience a satisfaction and happiness because you are being more active
29 in your daily life and this will help your baby be healthy. [3] Imagine yourself increasing the amount of
30 your walking by just a few minutes each week. [3] As you are walking, lift your chest even higher and be
31 proud of what you are doing, this is hard work. [3] Being active makes you feel confident and satisfied.
32 [3] Be proud of yourself for completing a long walk or another activity. [3] Feel the pleasure of being
33 physically active. [2] Continue to take deep belly breaths, relax your body, and practice visualizing
34 yourself being physically active at different times during the day. Being active and exercising safely
35 during pregnancy has many positive effects on your body.
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53 Also, try to imagine other types of physical activity that you enjoy throughout the day. [2] This
54 could be anything that allows you to move in a safe and comfortable manner. [2] Clearly visualize the
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time, place, and activity you are performing. [2] Imagine the movements of your body and how this activity makes you feel. [2] Try to enjoy guided imagery and remember that you can do this any time or place that you choose. You can be confident when you are active that you are preparing your body for a better and easier labor and delivery. [2]

Week 4: Eating Healthy

Take a deep breath and hold it for 3 to 5 seconds. [4] Exhale slowly while thinking, “I am healthy and I am growing a healthy baby.” [4] Release any tension in your body and mind and become aware that you can use breathing and imagery anytime you choose. [4] Allow yourself to breathe deeply and fully, down to your belly. [4] Feel the rise of your belly as you breathe in and then the fall of your belly as you breathe out. [4]

Some women report feeling nausea or vomiting during their pregnancy. [3] These audio files may help you cope with nausea or vomiting if you experience these commonly reported symptoms of pregnancy. [3] By concentrating on your breathing, along with calm and peaceful images, your nausea and vomiting symptoms may go away. [3] You may stop listening to the remainder of this audio file if your symptoms become worse. [3]

Try to imagine a food that you crave. [3] This could be any food that you may have the urge to eat frequently. [3] Take the next few moments to vividly imagine the texture and smell of this food as if you are about to eat it right now. [3] Now, [3] think about putting this food in your mouth and experience the taste of this food that you frequently crave. [3] As you eat more of this food, imagine yourself becoming full and deciding to stop eating. [3] You may crave certain foods at different times and that is ok [3] When this happens, imagine yourself coping with these cravings by eating something healthy, going for a walk, or breathing. [3]

Now imagine tasting fresh, healthy foods that nourish your body. [3] Imagine you are in a beautiful outdoor market filled with lush, ripe, fresh fruits and vegetables. See the colorful apples, [3] oranges, [3] peppers, [3] carrots, [3] and spinach. [3] Inhale the scent of the fruits and vegetables. [3] Reach out and pick up a ripe apple. [3] Bite into it and taste the crisp, juicy fruit. [3] In your mind’s eye, pick your favorite fruits and vegetables and collect a basket full of colorful produce. [3] Visualize how the food in your basket looks – their colors, scents, and textures. [3] Take a moment to enjoy the delicious smell and appearance of these healthy foods. [3] Choose your favorite fruit or vegetable, and take a bite, savoring its fresh taste. [3] Know that with each bite, your body is getting vitamins, minerals,

and fiber to make you strong and healthy. [2] Feel a sense of happiness that these nutrients are going to help your baby grow healthy and strong. [2] Imagine treating yourself well every day by eating a fruit or vegetable at each meal and for snacks. [2] Throughout the day, take deep belly breaths, relax your body, and practice visualizing yourself eating nutritious foods.

Week 5: Feel Great

Focus on your breathing for the next few moments. Take a deep breath and hold it for 3 to 5 seconds. [4] Exhale slowly while thinking, "I am healthy and I am growing a healthy baby." [2] Release any tension in your body and mind. [2] Allow yourself to breathe deeply and fully, down to your belly. [3] Feel the rise of your belly as you breathe in and then the fall of your belly as you breathe out. [4]

Imagine something that makes you feel happy and excited. [4] Feel the happiness flow through your body and being passed along to your baby. [3] Your body is working hard but doing amazing things. Visualize yourself being a strong pregnant woman. [2] See yourself walking taller, with a spring in your step and feel satisfied that you are helping your baby. [2] Reflect deeply on how you are improving your health by using guided imagery. [2] Be proud of yourself for taking positive action to live a healthy life while you are pregnant. [3] Recognize that practicing guided imagery every day can help you be calm, confident and healthy. [2] Listening to these audio files for the past few weeks has allowed you to learn a new skill. [2] By learning these new skills you have thought about your health which will help you and your baby become healthier. [2] It has helped you think about eating well and being active to improve your health, your mood, and help your baby. [2] Perhaps as important, you have learned a new skill that may help you relax when needed and fall asleep at bedtime. [2]

Imagine your heart beating and your lungs taking in clean, fresh air. [3] Visualize the increased oxygen flowing through your body and being passed along to your baby through the bloodstream. [3] Realize that any changes you notice in your body are natural and are helping you create a healthy home for your baby. [3] You might be getting bigger and feeling uncomfortable with your body but see yourself being confident as these changes occur. [3] These changes in your body are natural and helping your baby grow and thrive. [3]

Eating more fruits and vegetables will give your baby the building blocks that he or she needs to be healthy. [2] Imagine the nutrients you get from eating fresh produce flowing through your body and be received by your baby. [4] Imagine how you feel when you are eating healthy and the positive feelings you have when you are passing along nutrients to your baby. [4]

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Being physically active and eating plenty of fruits and vegetables will give you energy and improve your mood. [4] See and feel yourself being calm, relaxed, and stress free. [4] Remind yourself you can use the breathing exercises and guided imagery when you are having contractions or during labor in order to stay calm if you feel any pain. [4] Realize you are strong and can meet your goals. [5] Take pride in yourself for listening to your imagery files for the past few weeks. [3] Throughout the day, take deep belly breaths, relax your body, and practice visualizing yourself as calm, confident, and strong.

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