

Background Research

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DES 157: Interactive Media II

Guided Imagery and Visualization

When I began researching for this topic, I viewed “visualization” as a possible way of viewing one’s own anxiety. I found out, however, that there is a modern practice of managing anxiety and stress called “guided imagery” or “visualization”.

When searching for existing visualization exercises, I found two major types of activities - ones where someone would visualize anxious situations ("Mindful Visualization for Social Anxiety."), and ones where someone would visualize a tranquil and peaceful scene (Star).

Meditation and “Relaxation Response”

“Relaxation Response”, coined by Herbert Benson in the 1970’s, is another activity that focuses on muscle and breath relaxation to decrease stress by lowering heart rate and slow breathing. Benson describes this practice as sitting in a comfortable position, deeply relaxing the muscles, and counting breaths, which is similar to meditation techniques widely used to combat stress and anxiety today.

Bibliography

Benson, Herbert, and Miriam Z. Klipper. The relaxation response. New York: Avon, 1976.

"Mindful Visualization for Social Anxiety." Mindful Hub. Web. 09 Feb. 2017.

Star, Katharina, PhD. "Can Visualization Help Manage Anxiety Symptoms?" Verywell. Web. 09 Feb. 2017.