

## **Script for a patient on ICU by Dr Ann Williamson**

As you lie here.... you can know that everything is being done to help you... all the sounds and noises you may be aware of mean that you are being cared for... being kept safe...you are being lovingly watched over and cared for... you have nothing to do except focus on your healing..... allow your body to rest and relax.... nothing to do except focus on your healing... allow your mind to be calm...nothing going on here need bother you at all.... you are being cared for... being kept safe.... well trained and skilled people looking after you can be trusted to take the best care of you and each time you hear their voices you can feel more comforted and more confident that you will grow stronger and stronger with their help.... you need hear only those things that are helpful to you...all the mechanical noises around you just mean that you are being looked after in the best possible way... they just mean that you can feel comforted...feel safe...feel cared for.... they can allow you to become even more deeply relaxed.... as you hear the noises around you... they can just help increase that feeling of relaxation....

As the highly qualified and experienced doctors and nurses care for you and keep you safe... your mind can go wherever it wants to.... maybe soaring into the sky to rest on a light fluffy cloud... maybe wandering through a beautiful garden..... walking on a beach... in a wood.... sitting by a roaring log fire.... there are no limits on where your imagination might take you.... but it can choose a place where you can feel completely relaxed ...and safe ...and calm ... it might be a place you have

visited or it might be a place that your mind finds for you ... it may be inside or outside.....

I would like you to look all around you... see all the colours... all the shapes of the things around you... become aware of any smells or scents that might be there ... hear any sounds associated with the place you have chosen .....reach out and touch things...notice the texture of whatever you are resting on... the temperature of the air... but above all... allow the peace and calmness of this place to flow into the very centre of your being

This is your own special place... a place in your imagination where you can feel really relaxed... really calm ... a place no-one can take from you... nothing goes on here that you do not control....

I will pause for a few moments now and when you hear my voice again you can feel even more relaxed..... even more calm.....

While you enjoy being in your special place... I would like to talk to you and give your unconscious mind some suggestions to help you....

Each breath brings oxygen that circulates to every cell in your body... filling them with life and energy... with each breath out your cells can expel whatever is unhealthy... with each breath in they can fill with energy and vitality... your body is filled with life giving energy... bathing each and every cell...

Your body already knows so many ways to heal.... every time you have had a cut or a bruise... every time you have had a

cold or some other infection... your body has repaired itself... fought off infection...

Your inner defences against infection and inflammation can grow stronger and healthier with each breath in... as your body enjoys resting in calm comfort... in your special peaceful place... it has been helping you in this way all your life... without you being aware of it... your body knows how to heal itself.....and is able to do this so easily and naturally.... just allow your body to find just the right balance for you... with each and every part of you... playing its role... working together in harmony

As you are resting... you can help your body to heal... naturally and easily.... all your cells working for you.... maybe imagining life giving energy flowing throughout your body... maybe as a colour.... maybe as a light... getting stronger ... allowing optimal blood flow throughout your body... allowing your heart and lungs to function as well as they can... all parts of you working together in just the right way... as your body has done so many times in the past... so it can do now and in the future... eliminating everything that needs to be eliminated... refreshing everything that has to be refreshed... recharging everything that needs to be recharged.... inside and out... allowing your immune system to work optimally... at just the right level it needs to... in order to allow healing and to maintain and improve your body's health.... and this can continue... without you needing to do anything but rest.... in relaxing calm

\*As you feel signs of your recovery... the movement of tubes... machines and equipment all centred on you... you will realise that everything that is happening... is happening for you... so that your recovery is supported even more efficiently

And you are often filled with a good feeling... the way people are working around you... working for you and with you... it is a good feeling to be so important in this team

And then you realise that to request something from your body is a completely natural idea... for all your cells are working for you.... it is not only their job... it is their very purpose. Everything happens for you.

And in a moment I shall stop speaking to you and you can remain enjoying your special place... where nothing need disturb you... nothing need bother you at all...allowing your body to heal and your mind to remain peaceful and calm long after you have finished listening to my words... just as long as is right for your healing.....

\*These last suggestions are taken from Szilágyi A, Diószeghy C, Fritúz G, Gál J, Varga K. (2014) Shortening the length of stay and mechanical ventilation time by using positive suggestions via MP3 players for ventilated patients. *Interventional Medicine & Applied Science*. Vol 6 (1):3-15.