Chapter 3  Developing a shared vision for person-centred care:
Web resources

Sheet 3.2: Group relaxation activity

This activity aims to clear the head and create a more relaxed feeling in a group in readiness for creative visioning work.

This relaxation activity, or a similar one, is carried out at the beginning of the workshop or event where developing a shared vision is taking place. If you are combining a values and beliefs exercise with vision development, then the relaxation can be done at the very start.

The resource takes the form of a 'script' that you read out. When reading it out, it's important that you pay attention to aspects of your presentation such as your body language, how you sit or move around, the tone of your voice and the speed at which you read. You may want to try a practice reading first.

Sit comfortably and straight in your chairs and uncross your legs – or sit or lie on the floor in a comfortable position. Put down pens and papers or anything else you are holding and let your hands relax. Now close your eyes. Take a deep breath in, breathing in relaxed energy and exhale, breathing out tensions and worries. Another deep breath in, taking in relaxed energy. Another exhale, breathing out problems and worries. One last deep breath in, breathing in relaxed energy; and exhale, breathing out tensions. Now . . . let your breath return to normal.

And now I am going to ask you to imagine a blue-white wave of relaxed energy that is going to wash over you, like a wave from the ocean. Don’t worry if you see a different colour – just let your mind focus on whatever colour you see. And this gentle wave of colour is going to gently wash over the top of your head, flowing over your
foreground and over your eyes. You can feel your eyes let go of tension as this relaxed energy passes over them. And this wave of coloured energy gently slides down your cheeks, over and around your mouth and jaw and in and through your head, so that every cell in your brain is being washed in a blue-white wave of relaxed light. And this wave of relaxed energy continues to flow down and over and through your neck, into and around your shoulders and slowly down your arms. Every muscle, bone, artery, vein and cell of your arm is being washed in a relaxed energy as this coloured wave continues down your arms, into your wrists and palms and in and through each finger.

And now this wave of relaxed energy is at the back of your neck, flowing gently down your spine, vertebra by vertebra and your back is being washed in a blue-white relaxed light. And this relaxed energy is spreading out and over and through your shoulder blades and out and around and through your ribs and slowly and gently down, around and moving over your hips.

And now this relaxed energy is at the front of your throat and is flowing slowly and thoroughly down your chest, penetrating all your internal organs, heart and lungs and intestines, all your internal organs are being washed in a blue, white, relaxed light. And as this coloured energy fills you up, it pushes tension from every part of you. And this wave of relaxed energy is spiraling gently in and around your stomach and around your hips and flows and washes down your thighs, in and around and through your thighs, around your knees, down into your legs, into your ankles and feet and into and through each toe. It continues to flow, like roots, from the bottoms of your feet, through the floor, down into the earth, connecting you with the earth.

You are now moving into a state of relaxation. Also, remember that you retain complete awareness and control throughout this exercise. You are aware of any sounds around you and anything that is happening around you. And at the same time, you are calm and relaxed within. I would like to remind you that every time you are in this state, your health improves, and your ability to learn improves. In fact, your ability to learn, understand and remember, is getting easier and better all the time.

Now I am going to ask you to imagine a beautiful place. It can be a place you know or a place you have never seen before. It is a place where you feel very secure and safe and calm: a place where you feel happy and centred. I would like you to wander around and explore your beautiful special place in your relaxed state. And after you wander around, you might want to sit and just observe and be. And you will remember all the details you are going to notice. If other thoughts come into your mind, let them float by as clouds passing in the sky. They come and go. They come and go. And now explore and be in your beautiful place until you hear my voice again.

Allow two to three minutes for everyone to explore their beautiful places in quietness. Then return to the script:

And now, counting from one to five, you are going to open your eyes only at the count of five – feeling wide awake, refreshed and alert. So, one, slowly coming up, feeling relaxed and calm and centred. Two, feeling lighter and filled with a gentle, yet strong energy. Three, coming up even more, feeling relaxed and refreshed. Four, feeling more awake, refreshed, relaxed and centred. Five, open your eyes, feeling wide awake, refreshed, relaxed and alert.

Adapted from www.njcu.edu/cill/vol2/manosjones.html

Useful websites and resources

These are also available on: www.wiley.com/go/practicedevelopment/workbook


A series of resources showing how the Chief Nurse for England has been promoting a vision for a model of compassionate care (www.commissioningboard.nhs.uk/tag/nursing-vision/).

The Nursing and Midwifery Council’s strategic vision (www.nmc-uk.org/About-us/Our-strategic-vision).

‘Vision and Values’ and the subsequent report ‘2020 Vision’ from The Queen’s Nursing Institute looks back at the heritage of the past 150 years of district nursing and offers insights and predictions about the future of district nursing over the next decade to 2020 (www.qni.org.uk/for_nurses/patient_care/2020_vision).