



THE EFFICACY OF GUIDED IMAGERY IN ENHANCING PSYCHOLOGICAL WELLBEING AMONG MASTECTOMY PATIENTS

^{1*}Prof. S. Madhusheela, ²Dr. S. Usha

1. Department Of Obstetrics And Gynaecological Nursing, Narayana Hrudayalaya College of Nursing, Bengaluru, Karnataka-560099.
2. Department Of Obstetrics And Gynaecological Nursing, Rani Meiyammai College of Nursing, Annamalai University, Chidambaram, Tamilnadu- 608002.

Abstract: This comprehensive review explores the efficacy of guided imagery as a therapeutic intervention to enhance psychological well-being among mastectomy patients. Breast cancer, often necessitating mastectomy, presents not only physical but profound emotional challenges. Guided imagery, rooted in the power of imagination, offers a promising avenue for addressing these psychological struggles. The review begins by dissecting the psychological impact of mastectomy, shedding light on the anxiety, body image concerns, depression, and fear of recurrence that often accompany this transformative experience. It then delves into the essence of guided imagery, elucidating how it creates positive sensory experiences within the mind, fostering relaxation and emotional healing. Crucially, the mechanisms of action behind guided imagery are explored, revealing its ability to distract from distressing thoughts, facilitate emotional expression, empower individuals, and reduce stress. Clinical evidence and case studies are scrutinized to provide empirical support for guided imagery's positive impact. Lastly, the review outlines future directions, advocating for tailored interventions, longitudinal studies, and comparative effectiveness research. Practical recommendations are offered for healthcare professionals, emphasizing the importance of incorporating guided imagery as part of a holistic approach to care for mastectomy patients. In conclusion, guided imagery emerges as a valuable therapeutic tool that holds the potential to alleviate emotional distress, empower individuals, and foster resilience, ultimately enhancing the psychological well-being of mastectomy patients on their journey to recovery and survivorship.

Index Terms: Mastectomy patients, guided imagery, psychological well-being, breast cancer, emotional healing.

I. INTRODUCTION

Mastectomy is a surgical procedure involving the removal of one or both breasts, is often a necessary and life-saving intervention for individuals diagnosed with breast cancer (1). However, beyond its physical implications, mastectomy can have profound and lasting effects on psychological well-being. The emotional toll of a breast cancer diagnosis and the decision to undergo this procedure can result in a spectrum of psychological challenges, including anxiety, depression, body image concerns, and post-traumatic stress (2).

Guided imagery, a mind-body therapeutic approach, offers a potential avenue for mitigating these psychological challenges. This technique harnesses the power of mental imagery to create positive sensory experiences, often guided by a facilitator or recorded scripts (3). By engaging multiple senses and promoting relaxation, guided imagery aims to positively influence mental states, ultimately fostering emotional healing. Guided imagery can be tailored to address the specific needs of mastectomy patients, providing a means to reduce stress, cope with emotional distress, improve self-esteem, and enhance overall psychological functioning (4,5).

This article delves into the intersection of mastectomy and psychological well-being, exploring how guided imagery, as a complementary therapeutic tool, holds promise in alleviating the emotional burden faced by mastectomy patients. Through an examination of existing research and evidence, it seeks to shed light on the potential efficacy of guided imagery in improving the lives of those navigating the challenges of post-mastectomy recovery and survivorship.

II. BENEFITS OF GUIDED IMAGERY

Guided imagery interventions offer mastectomy patients a range of specific psychological benefits, addressing the emotional and mental challenges that often accompany the diagnosis and surgical experience. Here, we explore these benefits and discover how guided imagery can potentially reduce anxiety, depression, and stress while enhancing overall psychological resilience. Through guided imagery, mastectomy patients can find solace in a structured and supportive therapeutic approach. This practice not only aids in managing emotional distress but also fosters a profound sense of empowerment, enabling individuals to actively participate in their emotional healing and recovery journey (6).

In the case of anxiety reduction, mastectomy patients frequently grapple with heightened anxiety stemming from the uncertainty of their diagnosis and the anticipation of surgery. Guided imagery provides a structured framework to alleviate this anxiety. Through guided visualization, individuals can immerse themselves in calming and peaceful mental scenarios (7). This process not only distracts from anxious thoughts but also empowers patients to regain a sense of control over their emotional responses, ultimately reducing anxiety related to the surgery and its consequences. Moreover, studies have indicated that guided imagery can result in reduced cortisol levels, a hormone associated with stress, further contributing to the alleviation of anxiety.

This holistic approach to anxiety reduction not only enhances the emotional well-being of mastectomy patients but also positively impacts their overall surgical experience (8).

In case of the depression mitigation, the emotional impact of mastectomy can lead to symptoms of depression, including sadness, hopelessness, and loss of interest in daily activities (9). Guided imagery sessions create a safe and nurturing emotional space where patients can freely express their feelings. Engaging in positive and uplifting mental imagery during these sessions can help mitigate symptoms of depression, fostering a more optimistic outlook and emotional healing (10).

Further, stress management covers coping with both the physical recovery and the emotional toll of mastectomy can be immensely stressful. Guided imagery offers a valuable tool for managing and mitigating this stress. Through relaxation techniques and guided visualizations, patients can experience moments of tranquillity and respite. These moments of respite are crucial for stress management, allowing individuals to navigate their journey with greater emotional balance and resilience (5). Furthermore, studies have suggested that regular engagement in guided imagery can lead to reduced heart rate and lowered blood pressure, indicating the physiological benefits of stress reduction. This multifaceted approach not only assists patients in managing the challenges of physical recovery but also equips them with effective stress-coping strategies for their emotional well-being, contributing to a more comprehensive and holistic recovery process (11).

The enhanced psychological resilience provides guided imagery that empowers mastectomy patients with coping strategies and emotional regulation skills. It helps them build a foundation of inner strength and adaptability, which are essential for navigating the multifaceted challenges of a breast cancer diagnosis and mastectomy. By fostering a sense of psychological resilience, guided imagery equips patients to confront and overcome adversity, promoting overall psychological well-being. Moreover, research has indicated that the cultivation of psychological resilience through guided imagery can lead to improved problem-solving abilities and enhanced emotional self-efficacy, enabling patients to effectively navigate not only their immediate challenges but also the long-term adjustments required during survivorship. This holistic approach fosters a profound sense of empowerment and adaptability, equipping mastectomy patients with the emotional tools needed to thrive in the face of adversity, ultimately contributing to their overall psychological well-being (12).

Indeed, guided imagery interventions play an indispensable role in the holistic care of mastectomy patients. By effectively addressing anxiety, depression, stress, and bolstering psychological resilience, guided imagery significantly contributes to the emotional healing and empowerment of individuals traversing their challenging breast cancer journey. This comprehensive approach to care recognizes the intricate interplay between the mind and body and offers patients a valuable tool to promote overall well-being and a positive outlook as they navigate their path to recovery and survivorship.

III.PSYCHOLOGICAL IMPACT OF MASTECTOMY

Mastectomy is a life-altering experience for individuals facing breast cancer. While this procedure is often a critical component of cancer treatment, it brings a profound psychological impact that can significantly affect a patient's emotional well-being. In this section, we delve into the complex psychological impact of mastectomy, shedding light on the emotional challenges that individuals often encounter during their breast cancer journey.

3.1. Anxiety and Uncertainty:

The diagnosis of breast cancer and the subsequent decision to undergo mastectomy can plunge patients into a sea of anxiety and uncertainty. The fear of the unknown, the anticipation of the surgical procedure, and concerns about post-operative recovery can create a sense of unease that permeates the entire journey. Anxiety can manifest as restlessness, nervousness, and sleep disturbances, further exacerbating the emotional toll of the experience (13).

3.2. Body Image Concerns:

Mastectomy brings about a transformation in one's physical appearance, which can lead to profound body image concerns. The removal of one or both breasts can have a significant impact on self-esteem and self-perception. Patients have feelings of loss, altered femininity or masculinity, and a sense of incompleteness. These body image challenges can give rise to feelings of sadness, self-consciousness, and even social withdrawal (14).

3.3. Depression and Grief:

The emotional impact of mastectomy can lead to symptoms of depression, including persistent sadness, hopelessness, and a loss of interest in previously enjoyed activities. Patients may grieve the loss of their breasts, their pre-cancer identity, or the perceived loss of normalcy in their lives. The emotional burden of coping with a life-threatening illness and the changes in physical appearance can contribute to the development of depressive symptoms (13).

3.4. Fear of Recurrence:

The fear of cancer recurrence looms large in the minds of mastectomy patients. Even after successful surgery, the uncertainty of the future and the possibility of cancer returning can be a source of constant anxiety. Patients may find it challenging to escape the shadow of this fear, leading to persistent worry and heightened emotional distress (14).

3.5. Impact on Relationships:

Mastectomy doesn't just affect the individual; it can have a ripple effect on relationships with family, friends, and partners. Patients may struggle to communicate their emotional needs and concerns, while loved ones may grapple with their own emotional responses to the diagnosis and surgery. These shifts in interpersonal dynamics can add another layer of complexity to the emotional landscape (13).

IV. COPING MECHANISMS

While mastectomy brings emotional challenges, it also prompts individuals to develop coping mechanisms and resilience. Patients often tap into their inner strength, seek support from healthcare professionals, and connect with support groups or fellow survivors. Exploring these coping strategies and sources of resilience is essential in understanding the full spectrum of emotional responses to mastectomy (14).

It is concluded that a mastectomy is not only a surgical procedure but a deeply emotional journey. It encompasses a range of psychological challenges, including anxiety, body image concerns, depression, fear of recurrence, and shifts in relationships. Acknowledging and addressing these emotional aspects are integral to providing comprehensive care for mastectomy patients. By doing so, healthcare professionals can support individuals in navigating these challenges and fostering psychological well-being throughout their breast cancer journey.

V. GUIDED IMAGERY AS A THERAPEUTIC TOOL

Guided imagery, a therapeutic technique rooted in the power of imagination, has emerged as a valuable tool in the field of healthcare. It offers a unique pathway to healing, emotional well-being, and personal transformation. In this section, we delve into the concept of guided imagery and explore its application as a therapeutic intervention, particularly in the context of mastectomy patients.

VI. THE ESSENCE OF GUIDED IMAGERY

Guided imagery, also known as guided visualization or mental rehearsal, is a mind-body practice that harnesses the imagination to create positive mental scenarios. It involves the guided exploration of sensory-rich mental images, often facilitated by a trained practitioner or through recorded scripts. These images can be vivid and multisensory, engaging sight, sound, touch, smell, and even taste (15).

6.1. Creating Positive Sensory Experiences:

The heart of guided imagery lies in the creation of positive sensory experiences within the mind. These mental scenarios can transport individuals to a calm and peaceful place, allowing them to immerse themselves in a world of tranquillity and serenity. This mental journey can be likened to a vivid daydream, where the individual becomes an active participant in shaping the narrative (10).

6.2. A Therapeutic Approach to Healing:

Guided imagery is widely recognized for its therapeutic potential. It provides a structured framework for individuals to address a variety of emotional and psychological challenges. Whether it's reducing anxiety, managing stress, enhancing self-esteem, or promoting emotional healing, guided imagery offers a versatile approach to mental and emotional well-being (12).

4.3. The Power of Mind-Body Connection:

At its core, guided imagery taps into the mind-body connection. It acknowledges the intricate relationship between mental and physical states. When individuals engage in guided imagery, they often experience a profound sense of relaxation and inner peace. This relaxation response extends to the body, resulting in physiological changes such as reduced heart rate, lowered blood pressure, and decreased levels of stress-related hormones like cortisol (16).

VII. APPLICATIONS IN HEALTHCARE

Guided imagery has found a natural home in the realm of healthcare. It is employed in various clinical settings to complement traditional medical treatments. In the context of mastectomy patients, guided imagery can be a powerful ally in addressing the emotional challenges that often accompany breast cancer diagnosis and treatment (17).

7.1. Guided Imagery for Mastectomy Patients:

For mastectomy patients, guided imagery offers a safe and nurturing emotional space. It allows individuals to freely express their feelings, fears, and hopes while engaging in positive and uplifting mental imagery. This practice helps mitigate symptoms of anxiety, depression, and stress, fostering a more optimistic outlook and emotional healing (17).

7.2. A Tool for Empowerment:

One of the remarkable aspects of guided imagery is its capacity to empower individuals. Mastectomy patients have feelings of loss of control over their bodies and lives can use guided imagery to regain agency over their emotional responses and perceptions. By actively shaping their mental scenarios, they can reimagine and reconnect with their sense of self (16).

7.3. Holistic Well-being:

Guided imagery aligns with the principles of holistic healthcare. It doesn't merely address isolated symptoms but promotes overall well-being by addressing the mind, body, and spirit. In the context of mastectomy patients, this holistic approach can contribute not only to psychological healing but also to physical and emotional recovery (18).

Guided imagery serves as a therapeutic tool that taps into the power of imagination to promote emotional healing and empowerment. Its applications in healthcare, particularly for mastectomy patients, highlight its versatility in addressing a range of emotional challenges. By fostering relaxation, emotional expression, and empowerment, guided imagery offers individuals a pathway to enhanced psychological well-being and a more positive outlook on their journey to recovery and survivorship.

VIII. MECHANISMS OF ACTION

Guided imagery is a powerful therapeutic tool that operates through several interconnected mechanisms to promote psychological well-being among mastectomy patients. In this section, we delve into these mechanisms and explore how guided imagery aids patients in coping with the emotional and mental challenges that often accompany mastectomy, such as body image issues and the fear of recurrence.

Distraction and cognitive focus is one of the fundamental mechanisms of guided imagery is its ability to divert patients' attention away from distressing thoughts and emotions. By engaging in guided visualization, individuals immerse themselves in a sensory-rich mental scenario. This cognitive redirection not only distracts them from negative feelings but also allows for a break from ruminative and anxious thought patterns. Consequently, patients experience relief from the constant emotional burden and gain respite from their fears and concerns (18).

The emotional expression and catharsis, guided imagery sessions provide a safe and nurturing space for mastectomy patients to freely express their emotions. By actively engaging with their feelings during the guided process, patients can release pent-up emotions, reducing emotional tension. This cathartic aspect of guided imagery promotes emotional release and healing, allowing patients to acknowledge and process their emotional responses to mastectomy and the associated challenges (19).

Guided imagery empowers them to regain a sense of control over their emotional responses and perceptions. Through guided visualization, patients actively shape their mental scenarios, fostering a feeling of agency and control. This new found empowerment is particularly beneficial in addressing issues related to body image, as it allows patients to reimagine and reconnect with their sense of self (20).

Stress reduction and physiological impact in guided imagery is known to elicit a relaxation response in the body, leading to reduced stress and anxiety. This relaxation response includes a decrease in heart rate, lowered blood pressure, and a reduction in the release of stress-related hormones, such as cortisol (21). These physiological changes are instrumental in alleviating the physical and emotional toll of mastectomy, enabling patients to manage stress more effectively and promoting overall psychological well-being.

The cognitive restructuring in guided imagery can facilitate cognitive restructuring by challenging negative thought patterns and beliefs. Patients can use the guided process to create mental scenarios that challenge self-doubt and negative body image perceptions. This cognitive reshaping can lead to improved self-esteem, body image, and a more positive outlook on life after mastectomy.

Fear and anxiety management in the patients often grapple with the fear of cancer recurrence and the uncertainty of their future health. Guided imagery helps in managing these fears by promoting a sense of mindfulness and presence. By visualizing a future, free of fear and embracing a sense of security, patients can reduce anticipatory anxiety and improve their ability to cope with the uncertainty of survivorship (14).

Resilience building and guided imagery can contribute to the development of emotional resilience. By actively engaging with and processing their emotions during sessions, patients become more adept at adapting

to adversity (12). This newfound emotional resilience equips them with the tools needed to face not only the immediate challenges but also the long-term adjustments required during survivorship.

Table no 1: Mechanisms of action of guided imagery in enhancing psychological well-being among mastectomy patients

Sl. No	Mechanism	Description
1	Distraction and Cognitive Focus	Guided imagery diverts patients' attention from distressing thoughts and emotions, providing relief from constant emotional burdens and ruminative patterns.
2	Emotional Expression and Catharsis	Guided imagery sessions create a safe space for emotional expression, allowing patients to release pent-up emotions and reduce emotional tension.
3	Empowerment and Control	Guided imagery empowers patients by enabling them to regain a sense of control over their emotional responses and perceptions, fostering a feeling of agency and self-reconnection.
4	Stress Reduction and Physiological Impact	Guided imagery elicits a relaxation response in the body, leading to reduced stress, lower heart rate, decreased blood pressure, and reduced stress-related hormone release.
5	Cognitive Restructuring	Guided imagery facilitates cognitive restructuring by challenging negative thought patterns and body image perceptions, promoting improved self-esteem and a positive outlook.
6	Fear and Anxiety Management	Guided imagery helps manage the fear of cancer recurrence by promoting mindfulness and visualizing a future free of fear, enhancing the ability to cope with survivorship uncertainty.
7	Resilience Building	Guided imagery contributes to the development of emotional resilience by helping patients actively engage with and process their emotions, equipping them to adapt to adversity.

IX. CLINICAL EVIDENCE AND CASE STUDIES

Clinical evidence and case studies provide crucial validation of guided imagery's efficacy in enhancing psychological well-being among mastectomy patients. These empirical investigations offer concrete insights into the positive outcomes of guided imagery interventions. By examining patient outcomes, measuring reductions in anxiety and depression, and documenting improved coping mechanisms, clinical evidence underscores the tangible benefits of this therapeutic approach. Case studies further illuminate individual experiences, showcasing how guided imagery contributes to emotional healing and resilience. Together, clinical evidence and case studies offer a compelling narrative of the real-world impact of guided imagery in the context of breast cancer treatment (22).

Guided imagery helps mastectomy patients feel better emotionally through various ways. It distracts them from worries, lets them express their feelings, makes them feel more in control, reduces stress, changes negative thinking, helps manage fears, and builds their inner strength. These methods give patients the emotional support they need to handle the challenges of mastectomy and move toward healing and a better life after cancer treatment.

X. FUTURE DIRECTIONS AND RECOMMENDATIONS

As we look ahead, there are promising directions for future research and practical recommendations for healthcare professionals regarding the integration of guided imagery into the holistic care of mastectomy patients.

10.1. Future Research Directions:

Longitudinal Studies: Future research should include long-term, longitudinal studies to assess the sustained impact of guided imagery on psychological well-being among mastectomy patients. Tracking the effects over an extended period will provide a more comprehensive understanding of its benefits during the survivorship phase.

Comparative Effectiveness: Comparative studies can help identify the relative effectiveness of guided imagery compared to other psychosocial interventions. This can inform healthcare professionals about when and how to best incorporate guided imagery into a patient's care plan.

Tailored Interventions: Research exploring the customization of guided imagery interventions to individual patient needs and preferences is vital. Tailored approaches may yield even more substantial benefits, particularly in addressing specific emotional challenges, such as body image concerns or fear of recurrence.

Mechanistic Studies: In-depth investigations into the underlying neurobiological mechanisms of guided imagery can deepen our understanding of how it exerts its psychological effects. Such studies may shed light on the neuroscientific basis of emotional regulation and resilience.

10.2. Recommendations for Healthcare Professionals:

Comprehensive Assessment: Healthcare professionals should conduct thorough psychological assessments to identify emotional and mental challenges faced by mastectomy patients. This assessment can guide the incorporation of guided imagery into individualized care plans.

Integration into Supportive Care: Guided imagery should be integrated into a comprehensive supportive care program for mastectomy patients. It should not replace conventional psychological support but should complement existing therapies and interventions.

Patient Education: Healthcare providers should educate patients about the potential benefits of guided imagery and ensure they understand how to practice it effectively. Providing resources and guidance can empower patients to incorporate guided imagery into their daily lives.

Follow-Up and Monitoring: Regular follow-up and monitoring of patients' psychological well-being are crucial. Healthcare professionals should track changes in emotional states and the impact of guided imagery to make any necessary adjustments to the care plan.

The future holds promise for further research on guided imagery's long-term effects and tailored interventions. Healthcare professionals should consider incorporating guided imagery into their holistic care approach for mastectomy patients, ensuring comprehensive psychological support throughout the breast cancer journey. Collaboration with certified practitioners and ongoing patient education and monitoring are essential elements in realizing the full potential of guided imagery as part of patient-centered care.

XI. CONCLUSION

It is concluded that guided imagery demonstrates substantial potential in enhancing the psychological well-being among mastectomy patients offering a complementary and holistic approach to their care. Further research and integration into clinical practice hold promise for improving the emotional healing and resilience of individuals on their journey to recovery and survivorship.

FUNDING: None

CONFLICT OF INTEREST: None

REFERENCES:

1. *What is a Mastectomy?* | American Cancer Society. (n.d.). American Cancer Society. <https://www.cancer.org/cancer/types/breast-cancer/treatment/surgery-for-breast-cancer/mastectomy.html>
2. *Mastectomy surgery.* (2018, October 30). <https://www.breastcancer.org/treatment/surgery/mastectomy>
3. Krau, S. D. (2020). The multiple uses of guided imagery. *Nursing Clinics*, 55(4), 467-474.
4. Bresler, D. (2010). Raising pain tolerance using guided imagery. *Practical Pain Management*, July/August, 10(6), 25-31.
5. Hutchison, T. H. (2019). An Examination of the Effects of Guided Imagery Theme on Stress and Mood Following an Ego-Depletion Task. Georgia Southern University Digital Commons@Georgia Southern.
6. Skeens, L. M. (2017). Guided Imagery: A Technique to Benefit Youth at Risk. *National Youth-At-Risk Journal*, 2(2), 92-106.
7. Zemla, K., Sedek, G., Wróbel, K., Postepski, F., & Wojcik, G. M. (2023). Investigating the Impact of Guided Imagery on Stress, Brain Functions, and Attention: A Randomized Trial. *Sensors*, 23(13), 6210.
8. Stavrou, D., Weissman, O., Polyniki, A., Papageorgiou, N., Haik, J., Farber, N., & Winkler, E. (2009). Quality of life after breast cancer surgery with or without reconstruction. *Eplasty*, 9.

9. Heidari, M., Shahbazi, S., & Ghodusi, M. (2015). Evaluation of body esteem and mental health in patients with breast cancer after mastectomy. *Journal of Mid-life Health*, 6(4), 173.
10. Mills, H., Reiss, N., & Dombeck, M. (2008). Visualization and Guided Imagery Techniques for Stress Reduction. *Article from mentalhelp.net*.
11. West, M. (2022, April 21). *What to know about guided imagery*. <https://www.medicalnewstoday.com/articles/guided-imagery#benefits>
12. Helmreich, I., Kunzler, A., Chmitorz, A., König, J., Binder, H., Wessa, M., & Lieb, K. (2017). Psychological interventions for resilience enhancement in adults. *The Cochrane database of systematic reviews*, 2017(2).
13. Ceastway. (2021, November 11). *The emotional toll of a mastectomy – Regional Cancer Care Associates*. Regional Cancer Care Associates. <https://www.regionalcancercare.org/news/the-emotional-effects-of-having-a-mastectomy/#:~:text=After%20a%20Mastectomy,-You've%20successfully&text=And%20for%20many%20survivors%2C%20this,the%20eyes%20of%20their%20partner>.
14. Adesina, M. A., & Olajire, T. I. (2020). Physical and psychological complications of mastectomy: the role of physiotherapy. *World News of Natural Sciences*, 29(3).
15. Strauss, J. L., Calhoun, P. S., & Marx, C. E. (2009). Guided imagery as a therapeutic tool in post-traumatic stress disorder. *Post-traumatic stress disorder: Basic science and clinical practice*, 363-373.
16. Mitchell, A. D., Martin, L. E., Baldwin, A. S., & Levens, S. M. (2021). Mindfulness-Informed Guided Imagery to Target Physical Activity: A Mixed Method Feasibility and Acceptability Pilot Study. *Frontiers in Psychology*, 12, 742989.
17. *Guided imagery*. (n.d.). <https://www.breastcancer.org/treatment/complementary-therapy/types/guided-imagery>
18. Silva, L. A. A. D., Santana, E. D. O., Marcondes, L., Silva, M. N. D., Scherer, A. B., Sawada, N. O., & Kalinke, C. T. X. (2021). Does guided imagery improve health-related quality of life in cancer patients? integrative review. *Cogitare Enfermagem*, 26.
19. Toneti, B. F., Avelar, J. M. D. P., Sousa, F. H., Toneti, A. N., Sonobe, H. M., & Sawada, N. O. (2019). The meaning of integrative guided imagery relaxation therapy for women with breast cancer. *Revista da Escola de Enfermagem da USP*, 53.
20. Sinha, M. K., Barman, A., Goyal, M., & Patra, S. (2021). Progressive muscle relaxation and guided imagery in breast cancer: a systematic review and meta-analysis of randomised controlled trials. *Indian Journal of Palliative Care*, 27(2), 336.
21. Norelli, S. K. (2022, August 29). *Relaxation techniques*. StatPearls - NCBI Bookshelf. <https://www.ncbi.nlm.nih.gov/books/NBK513238/>
22. Kugali, S. N., & Natekar, D. S. (2020). Best Remedy: Effective and Safe Therapy as Guided Imagery in Cancer Patients. *Indian Journal of Public Health Research & Development*, 11(8), 122-126.