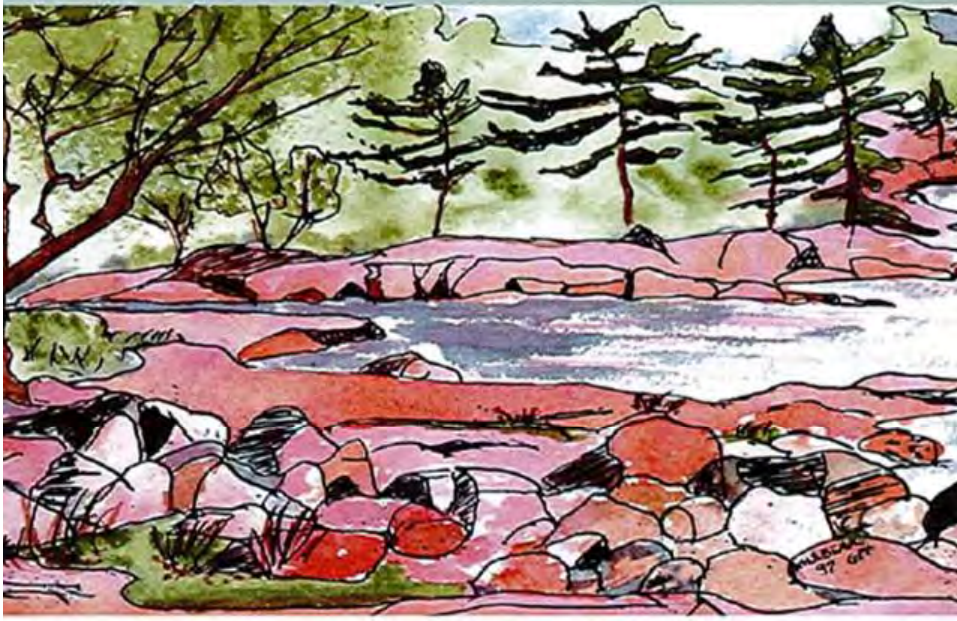


# A Meandering Journey!

## **Relaxation and visualization**

for people experiencing chronic kidney disease  
and other chronic diseases



With **Gary Petingola**, MSW, RSW  
Social Worker

Health Sciences North/Horizon Santé-Nord

---


**Potential benefits to practicing these techniques include:**

- Reduced blood pressure
- Decreased stress hormones
- Reduced chronic pain
- Enhanced sleep
- Stronger immune system
- Decreased blood glucose levels
- Decreased hospital length of stay
- Decreased blood loss during surgical interventions and improved surgical recovery

**Potential risks include:**

- Disassociation
- Fluctuations in blood pressure
- Fluctuations in blood glucose levels
- Possible seizure activity
- Thoughts or issues that may be distressing or unresolved
- Do not listen to this or any other relaxation CD while driving or operating equipment

**Additional instructions:**

- Assume a comfortable position, lying down or sitting
  - Select a period of time when you are unlikely to be disturbed
  - Once relaxation is complete, go slowly when arousing
- 
-

Welcome to the Meandering Journey! This free educational CD is intended to introduce relaxation and mindfulness meditation techniques to people experiencing chronic illness. This recording is a collaborative effort and provides patients, families and staff with a tool to assist in the navigation of their own life journey. If you are listening to this disc, chances are that you have been affected with Chronic Kidney Disease (CKD) or other chronic illness (diabetes, cancer, cardiovascular illness, etc.). Although this disc is specific to CKD, it might be helpful to you.

This recording utilizes 4 distinct therapeutic relaxation modalities (breathing, body scan, progressive muscle relaxation and autogenics). Following a brief introduction, there are 3 separate relaxation sessions for the listener.

**Sessions will:**

- begin with deep breathing
- encourage you to “file” worries away
- invite you to embark on a visual “journey”
- suggest the use of all of your senses (smell, sound, touch, taste, sight)
- reinforce savouring the moment

You may end the relaxation session at any time. There is no right or wrong way to practice these techniques. Please “be gentle” with yourself and know that you are always in full control. This disc is intended to introduce you to a tangible skill which you can master and use independently, facilitating autonomy and control.

Many thanks to those who generously contributed  
to the development and production of this disc:

Thomas Frederick  
Norm Beaton - Beaton Recording Studio  
Andrea Brown and Amgen Canada  
Health Sciences North Nephrology Program



Gary Petingola is a Social Worker at Health Sciences North/Horizon Santé-Nord in Sudbury, Ontario, Canada, with expertise in the use of relaxation therapy and mindfulness meditation techniques in clinical practice. Gary is also a previous Relaxation and Visualization Program Leader with Wellspring Canada Cancer Support Foundation. To contact Gary Petingola, you may email him at [gpetingola@hsnsudbury.ca](mailto:gpetingola@hsnsudbury.ca).