



Mental Practice – Brushing Your Hair

Standing in your bathroom or bedroom where you normally brush your hair.

You have familiar objects around you, including your mirror in front of you.

Focus on the reflection you see of yourself. You can see your face, your hair, your body and all of your limbs

Move your gaze to your familiar comb or brush resting on the counter. Notice the colour, size and texture of the brush/comb

Think about the shape of your hand you need to open and close around it in order to pick it up.

Now think about reaching forward

See and feel your elbow bending towards the counter

As your elbow straightens and you bring your wrist back you notice your hand beginning to open. Notice how wide and stretched open your fingers feel.

See your hand relax and feel the pads of your finger and thumb make contact with the brush/comb

Now feel your thumb and fingers as you tighten your grip to lift it up. Keeping it firmly in your grasp

See and feel your shoulder and elbow lift upwards and see your reflection in the mirror

Now imagine yourself brushing your hair on the back of your head, feel the brush moving downwards through your hair as you hold it steady with your hand and wrist.

As the brush reaches the bottom you feel your arm lift slightly away from your hair and then feel yourself raise your arm to the top of your head. You feel the brush on the top of your head as you lower it for the next stroke. Feel your arm and hand as you stroke down your hair.

Now see and feel your arm doing the right side of your head. You see your affected hand moving in the mirror. Feel your brush moving down your hair and lift slightly at the end ready for you to take the brush to the top of your head again and repeat the movement.

Now imagine you are brushing the left side of your head.

Keep repeating until you feel all the knots are gone

Now imagine your shoulder lowering away from your hand so you can replace the brush to the counter. Imagine your elbow straightening as your hand brings it closer to the edge. Imagine placing the brush firmly back on the surface. See and feel your fingers and thumb open to release the brush



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Take a moment to look at your reflection in the mirror and see your face and your neatly brushed hair. You have finished brushing your hair and you are satisfied with how well your affected hand and arm moved to accomplish the task

Adapted from SaeboMind. Please see website for full audio version. <https://saebomind.saebo.com/>

