



Mental Practice – Stirring Porridge

Please imagine standing in your kitchen at your oven. Near by, you hear familiar sounds in the kitchen, the kettle is boiling. You can smell the lovely porridge that you are cooking and you are looking forward to eating it with your favourite topping. You see your wooden spoon on the worktop in front of you and it is easily within reaching distance. You can hear and see the porridge beginning to bubble. Now imagine the feeling and effort of lifting your hand from your side and moving away from you, towards the spoon. Take your time. Imagine slowing down your arm movement as you get closer to the spoon to pick it up. Now you begin to feel the effort and sensation of you opening your hand to grasp the spoon. This requires less effort than usual. As your finger tips make contact, you feel the texture of the spoon. Now imagine the effort and sensation of lifting the spoon up and placing it in the porridge to stir using your whole arm. You feel a bit of resistance from the porridge as you begin to stir and you hear the porridge squelch as the spoon moves. You are bending your arm in a nice smooth circular motion. As you stir the porridge several times, round and around, you are able to keep a nice tight grip of the spoon. You can smell the delicious porridge and you feel happy and pleased that it is ready to eat. Keeping a tight grip of the spoon you lift a large spoonful of porridge and place it into your bowl, you hear the sound of the porridge hitting the bowl as the smell rushes to your nose. Please focus on the feeling and effort of opening your hand and releasing your grip on the spoon. Now imagine placing your hand back down by your side as you walk to collect your favourite topping for your porridge, you pick it up and sprinkle it on top. You can now pick up your spoon and it is ready to eat. You feel independent and confident in your actions

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