

# Relaxation

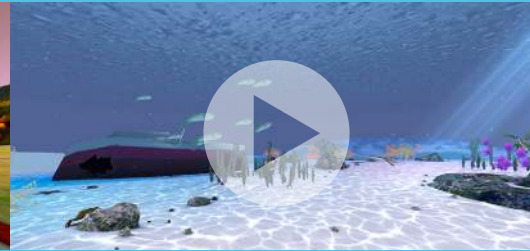
Videos and virtual environments that move the patient to a calm and peaceful place. There, he/she will be able to feel serenity by being under the sea, on an island, on a meadow, etc. and at the same time practice different relaxation exercises.

## Virtual Reality Environments



### Jacobson Relaxation

Muscular relaxation exercise. The patient will go over a tension-relaxation balance, ordered in muscular groups: arms, neck, face, trunk and legs.



### Under the sea

An environment that reproduces the sensation of being submerged under the sea and will let you experiment different relaxing feelings.



### Island

A walk along a paradisiac island where the patient will relax with the sound of the sea or just by looking at a waterfall. Besides the walk, they can stop at any space to carry out an exercise.



### Diaphragmatic respiration under the sea

Diaphragmatic respiration exercise with an auditory guide and visual support, which will determine the respiration pattern.



### Diaphragmatic respiration on a prairie

Diaphragmatic respiration exercise with an auditory guide and visual support, which will determine the respiration pattern.

360 Videos



Cove



Boats with wind sounds



Pond with a person