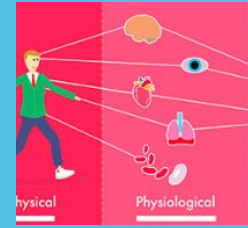


Virtual Reality for stress

Virtual environments that seek to interpret what stress is so that it is understood as a natural physiological response of the organism and not as a disease. It is a useful program to manage stress and anxiety.



Consequences of stress



Phases of stress



Respiratory control



Fear choking



How stress affect



What is stress



Managing the stress



Muscle relaxation