

Instructions for

# Virtual Relaxation



# VR controllers' instruction

The Virtual relaxation game requires Meta Quest 2 or Meta Quest 3 headsets. According to Meta Quest, Meta Quest headset is not recommended for children under 10 years old.

For the Virtual relaxation game, you may use either the left or the right controller. Only one controller is needed.

The button A (right controller) and X (left controller) are pause buttons that you can use in the game when you are moving forward.

You may pause the movement if you'd like to look around without moving. The pause button doesn't work during the breathing exercises.

With the button B (right controller) and Y (left controller) you can exit the game and return to the main game menu.

With the button in front of each controller you can select the scene (Night forest or Sunny lake) when in the game menu.



Practice the breathing techniques in the following pages before you try the Virtual relaxation game.



Warning! If you start to feel light-headed, dizzy or nauseous, remove the VR headset.

# NIGHT FOREST



Welcome to Night Forest.

Observe the forest around you. What do you see?  
What do you hear? How does it make you feel?

As you move through the forest, you will encounter different animals. Each animal will show you breathing exercises.

You can familiarize yourself with them so when you see the animal in virtual relaxation, you will already know what to do.

# Bunny Breathing



Repeat 3 times



Rest your hands along each side. Inhale slowly through your nose, raise up your arms until your fingers touch above your head as you count to 5.



Hold your breath briefly.



Slowly drop your arms down while you exhale slowly through your mouth as you count to 5.



# Snake Breathing



Repeat 3 times



Create a shape of a small “o” with your mouth and breathe in deeply through your mouth as you count to 3.



Hold your breath briefly.



Breathe out slowly through your mouth and hiss like a snake for the count of 3.



# Bear Breathing



Repeat 3 times



Place your hands on your belly. Inhale deeply and slowly through your nose so that your belly gently rises against your hands as you count to 4.



Hold your breath briefly.



Breathe out calmly through your mouth, counting to 4. You can also feel how your belly moves inward under your hands.

# SUNNY LAKE



Welcome to the beautiful Sunny Lake.

Observe the lake and its surroundings. What season do you think it is? What do you see? What do you hear? How does it make you feel?

As you move through the scenery, you will encounter different animals and a plant. Each of them will show you breathing exercises.

You can familiarize yourself with them below so when you see the animal or plant in virtual relaxation, you will already know what to do.

# Fish Breathing



Repeat 3 times



Breathe in through your mouth for the count of 3, filling your cheeks with air.



Hold your breath briefly.



Blow out the air through your mouth for the count of 3.

# Dandelion Breathing



Repeat 3 times

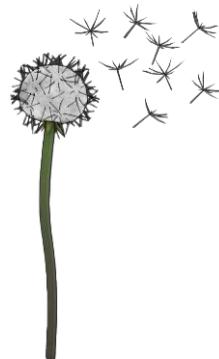


Imagine you're holding a dandelion in your hand.



Take a deep breath in through your nose for the count of 3.

Hold your breath briefly.



Slowly breathe out through the mouth pretending to blow the dandelion leaves away for the count of 5.



# Bumble Bee Breathing



Repeat 3 times



Look down in front of you or close your eyes. Breathe in through your nose for the count of 4.

Hold your breath briefly.



Breathe out through your nose with your mouth closed. At the same time, make a long "hmm" sound or keep a soft buzzing sound, just like a bee for the count of 4.



## 4-7-8 Breathing technique

You can practice these breathing techniques anywhere you want without the VR equipment. Try breathing exercises when sitting or lying down.

As you get better, you can try to extend the duration of your inhale, hold and exhale, and the number of repetitions. Try, for example, the 4-7-8 breathing technique:

1. Slowly breathing in for four seconds (4)
2. Holding your breath for seven seconds (7)
3. Exhale through your mouth for eight seconds (8).



If you start to feel dizzy or light-headed when performing these breathing exercises, take a break.





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