

Program 1

Session 5

Relaxation and comfort dimension

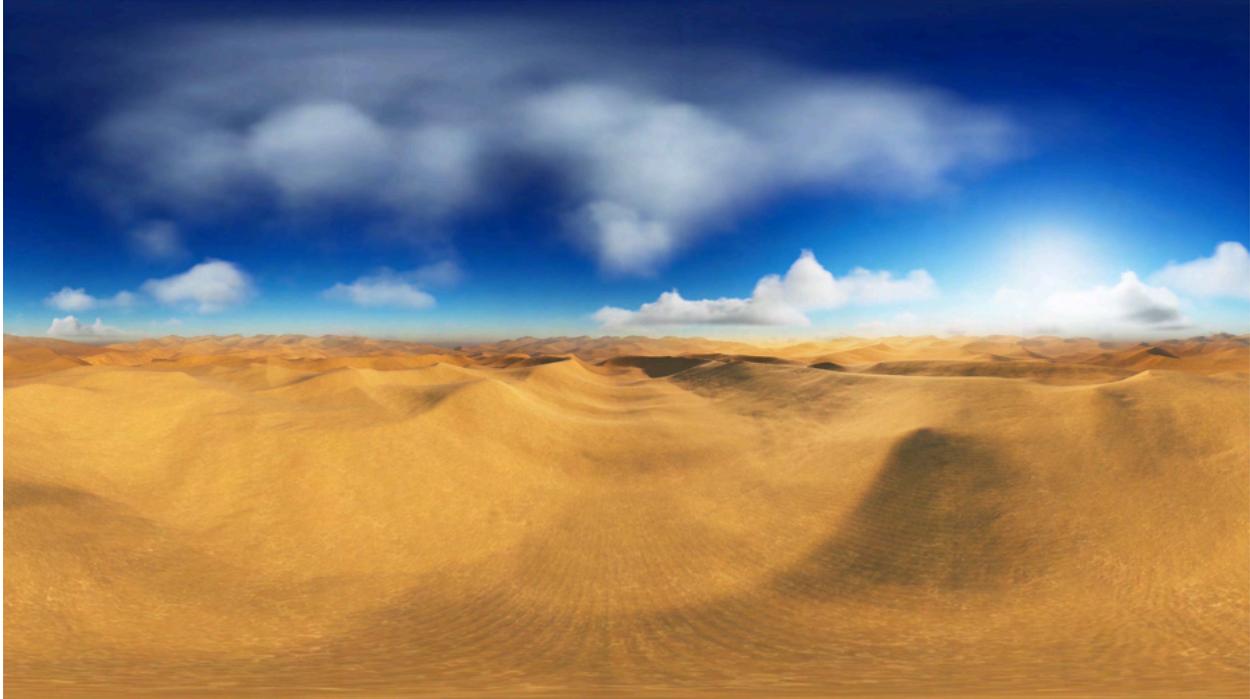
Emotional regulation, anxiety reduction, contemplation and states of calm.

Presentation



Through a video featuring images with a **low level of movement**, a brief initial introduction is carried out, including a warm greeting and simple questions, such as asking what participants have done during the day. Gradually, the message guides the person to feel **welcomed and safe**, facilitating orientation and understanding of where they are and what they are doing in that space. This gradual accompaniment promotes an experience of **calm, trust, and presence**, preparing the person for the intervention in a respectful and non-invasive manner.

Immersion



Following the initial presentation, a **smooth transition** is made to a second audiovisual content with a **higher level of movement**. In a gradual and respectful manner, the person is introduced into the dynamic to be activated, progressively increasing visual and sensory stimulation.

This controlled shift supports the **activation of sensory receptors**, attention, and engagement with the experience, preparing the individual to participate more actively, always within an environment perceived as safe and comfortable.

Activation 1



Promotion of calm, emotional well-being, stress regulation, and physical comfort through the contemplation of natural environments and guided breathing exercises.

Main therapeutic objective

To facilitate deep relaxation, reduce anxiety and muscle tension, and generate physical and emotional well-being in older adults through the contemplation of a natural environment and the practice of conscious breathing.

Description of the video

The video shows a **meadow with gently moving flowers, grass, and changes in light at sunrise or sunset**, accompanied by **sounds of nature** (wind, birds, water).

These elements create an **atmosphere of calm and harmony**, which can be used as a guide for deep and conscious breathing exercises, fostering physical and mental relaxation.

Relaxation and comfort aspects to observe

Physical and postural relaxation

- Allowing older adults to adopt comfortable postures, seated or lying down.
- *Benefit:* improves physical comfort, reduces muscle tension, and promotes a sense of safety.

Deep and conscious breathing

- Guiding participants to synchronise their breathing with the visual and auditory rhythm of the video.
- *Benefit:* reduces anxiety, regulates heart rate, and improves oxygenation.

Emotional connection and psychological well-being

- Contemplation of the movement of flowers and natural light evokes positive emotions, pleasant memories, and a sense of peace.
- *Benefit:* reinforces emotional regulation and psychological balance.

Relaxing sensory stimulation

- Soft nature sounds (wind, water, birds) combined with harmonious imagery.
- *Benefit:* activates multisensory relaxation and reinforces mindfulness.

Guiding questions for working on the relaxation and comfort dimension

- “Observe the flowers moving—how does this landscape make you feel?”
- “What aromas do the flowers remind you of?”
- “Feel the air on your body and imagine accompanying it with deep breathing.”
- “What pleasant memories or sensations does this sunrise/sunset bring to you?”
- “Settle into a comfortable position and focus on your breathing while watching the video.”

Suggested complementary activities

- **Deep and slow breathing** coordinated with gentle body movements.
- **Guided visualisation**, imagining walking through the meadow or touching the flowers.
- **Progressive relaxation**, relaxing muscle groups while observing the video.
- **Integration of soft music or additional nature sounds** to enhance calm.
- **Aromatherapy**: using scents of flowers or herbs as a complement to create a more immersive and realistic atmosphere.

Expected responses in older adults

- Reduction of anxiety and muscle tension.
- Increased sense of well-being and tranquillity.
- Greater physical comfort and readiness for subsequent activities.
- Evocation of pleasant memories and positive emotions.
- Improved emotional regulation and mental calm.

Adaptations according to functional level

Limited mobility:

- Breathing and relaxation exercises performed while seated or lying down, avoiding any physical effort.

Moderate mobility:

- Gentle arm or torso movements while maintaining a comfortable posture.

Older adults with good mobility:

- Slow stretching movements combined with deep breathing, consciously involving arms, trunk, and legs.

Activation 2



Promotion of calm, emotional well-being, stress regulation, and physical comfort through contemplation of a waterfall and the integration of conscious breathing.

Main therapeutic objective

To promote deep relaxation, reduce tension and anxiety, generate physical and emotional comfort, and facilitate mindfulness practice in older adults through observation of moving water and the natural environment.

Description of the video

The video shows a **waterfall at La Caula, Spain**, including:

- **Flowing water and foam**, with light reflections on the surface.
- **Natural sounds:** falling water, wind, and surrounding wildlife.
- **Harmonious and continuous movement** that serves as a guide for deep breathing and respiratory coordination.

These elements create an **environment of calm, fluidity, and serenity**, ideal for relaxation and guided meditation practices.

Relaxation and comfort aspects to observe

Physical and postural relaxation

- Positioning older adults comfortably (seated or lying down).
- *Benefit:* improves physical comfort and reduces muscle tension.

Deep and synchronised breathing

- Coordinating inhalation and exhalation with the rhythm of the water flow.
- *Benefit:* reduces anxiety, regulates heart rate, and promotes overall relaxation.

Emotional connection and psychological well-being

- Observing the waterfall evokes positive emotions, pleasant memories, and a sense of connection with nature.
- *Benefit:* strengthens emotional well-being, mental calm, and regulation of affective states.

Relaxing sensory stimulation

- Visual (water, light, environment) and auditory (waterfall sounds) integration.
- *Benefit:* activates multisensory relaxation and mindfulness.

Mindfulness and guided meditation

- Focusing attention on the sound and movement of the water.
- *Benefit:* promotes concentration, body awareness, and sustained relaxation.

Guiding questions for working on the emotional dimension

- “Observe the flow of the water—what sensations does it produce?”
- “Feel how your breathing follows the rhythm of the waterfall.”
- “What positive memories or emotions does this place bring to you?”
- “Focus on the sound of the water and allow your body to settle into a comfortable posture.”

Suggested complementary activities

- **Deep and conscious breathing** guided by the rhythm of the water.
- **Guided visualisation**, imagining walking beside the waterfall or touching the water.
- **Progressive relaxation** of arms, legs, and trunk while observing the video.
- **Mindfulness practices**: full attention to sounds, movements, and bodily sensations.
- Optional integration of elements such as bowls of water in which participants may immerse their hands or feet.

Expected responses in older adults

- Reduction of tension and anxiety.
- Increased sense of peace, calm, and well-being.
- Greater physical comfort and readiness for relaxation.
- Evocation of positive memories and pleasant emotions.
- Improved emotional regulation and mindfulness.

Adaptations according to cognitive level

Limited mobility:

- Breathing and mindfulness practices performed while seated or lying down, without physical effort.

Moderate mobility:

- Gentle arm and trunk stretches accompanying breathing.

Older adults with good mobility:

- Progressive stretching exercises, deep breathing, and conscious movements inspired by the waterfall.

Relaxation



Once the main activity has concluded, a **transition and closing phase** begins, designed to support the individual in a gradual, contained, and respectful manner. During this stage, **simple evaluative questions** are introduced to facilitate expression of how the activity was experienced and what sensations, emotions, or perceptions it generated.

This closing phase is **supported by audiovisual material with soft, relaxing music** and harmonious, gently moving images, which facilitate the integration of the experience, promote calm, and encourage a conscious and positive conclusion to the immersive journey.