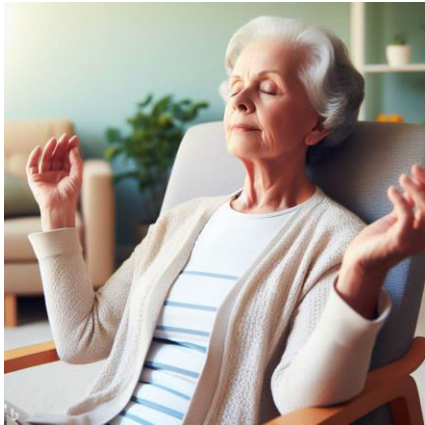


## Breathing exercises to soothing music



### Objective:

The aim of this breathing exercise is to promote relaxation and reduce stress in elderly. By combining a simple breathing exercise with calming music, we create a harmonious environment that can help improve well-being and reduce anxiety.

### Preparation:

- Ensure the participant is comfortably seated on a chair or a soft seat.
- Ensure the room is quiet and free from disruptive noises or distractions.
- Have the music player ready with the chosen calming music track. Choose music that is calming and stress-reducing. Instrumental music or natural sounds like birdsong or ocean waves work well. Ensure the volume is at a comfortable level.

### Instructions:

#### 1. The elder settles into a relaxed position:

- Sit with feet flat on the floor.
- Place hands on the knees with palms facing upwards.
- Relax the shoulders and let them drop downwards.
- Instruct the participant to close their eyes and focus on their breath.

#### 2. The elder closes their eyes:

- Close the eyes to reduce external visual disturbances and to focus on the breathing exercise.
- Start by inhaling slowly and deeply through the nose. Count to four during inhalation.
- Hold the breath for a couple of seconds.
- Exhale slowly and evenly through the mouth. Count to six during exhalation.
- Focus on relaxing the body with each exhalation. Allow tensions to release.
- Repeat the breathing exercise throughout the entire music track. Continue inhaling for four counts and exhaling for six counts while relaxing the body.

#### 3. The elderly listens to calming music:

[https://www.youtube.com/live/WBcOU5FOLdA?si=E\\_HTIBNE52CdDXS5](https://www.youtube.com/live/WBcOU5FOLdA?si=E_HTIBNE52CdDXS5)  
<https://youtu.be/-bZAN1SomOA?si=-x5bKT2SaXT0PQo5>  
<https://youtu.be/hlWl4xVXKY?si=pEcvbN-SVYinyKA>  
<https://youtu.be/QZbuj3RJcl?si=94jstbA0zivwi98>  
<https://youtu.be/V1RPi2MYptM?si=IM8hF4QaFYGWZ5KK>  
[https://youtu.be/xTd3gAfla7k?si=PT6P8MShmj\\_hWnQZ](https://youtu.be/xTd3gAfla7k?si=PT6P8MShmj_hWnQZ)

<https://www.youtube.com/live/mOU9c-xal-Q?si=ZmB27pmyZm5KOImS>  
<https://youtu.be/6GVgncA9oiw?si=MjSkCzyByPC02ol9>  
<https://youtu.be/BiglZZddZEO?si=tUF3QUcdcjVPQ97x>  
<https://youtu.be/Kad5ZP0unoY?si=Q9Ixt-YETBnQynOq>  
<https://youtu.be/enD55o9QNrw?si=4n23lfKKsBGfMgHn>  
[https://youtu.be/lFcSrYw-ARY?si=o3v\\_MoBvFV0\\_73Xa](https://youtu.be/lFcSrYw-ARY?si=o3v_MoBvFV0_73Xa)

4. **Closure:**

- When the music track ends, finish the breathing exercise and slowly open the eyes.
- Sit quietly for a while and tune into your relaxed state.

**What is needed to carry out the activity:**

- A comfortable chair or a soft seat.
- A quiet and secluded place.
- A music player or smartphone with speakers and a calming and stress-reducing music track.

Examples of breathing exercises:

<https://youtu.be/aNXKjGFUIMs?si=5FcOuv-j3SxPM1zH>  
<https://www.youtube.com/watch?v=DdT1E5B2f1c>  
<https://youtu.be/4Undv6MmQeE?si=sqajHmmsuH6x22p2>



**Time required:**

The length of this breathing exercise may vary depending on individual needs, but typically, 10-20 minutes is an appropriate time frame.



**Alone or in a Group:**

This breathing exercise can be performed individually for elderly who prefer privacy and relaxation

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal