

Breathing exercises to a story



Objective:

The aim of this activity is to promote relaxation and reduce stress. During the relaxation exercise, sit or lie in a comfortable position and listen to the instructions.

- Breathe in through your nose, take a deep breath.
- Follow the air, how it flows in from the nose, through the trachea and how it fills the lungs.
- Then exhale slowly, feeling your chest lower as you empty your lungs of air.
- Continue to breathe calmly at your own pace: inhale, pause and exhale.
- Continue to breathe in and out, deeply and rhythmically.
- at the same time say to yourself:
 - "breathe deeply" as you inhale
 - "relax" as you breathe out.

Continue this for a few minutes and feel yourself relaxing with each breath, reducing tension and stress.



Time:

3 minutes



Group or alone:

This activity can be done individually or in a group where a nurse can guide participants through the exercise.

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