

Relaxation and Storytelling



Goal: The purpose is to provide elderly an opportunity to relax, reduce stress, and promote a sense of well-being.

The relaxation exercise involves sitting or lying in a comfortable position and listening to the story.

Story: The Tree

- Close your eyes and focus for a moment on your breathing.
- Focus for a moment on your breathing, breathe calmly and deeply, breathe in and breathe out
- Imagine a big, beautiful and noble tree, your favorite tree.
- Imagine that this exercise gives you inner strength.
- As you imagine the tree, let your body become a tree. Feel what characteristics the tree has: stability, strength and flexibility.
- Feel the strength of the tree
- Feel how you stand there proud and strong, with your roots firmly and deeply rooted in the ground.
- Rest for a few minutes, undisturbed by fears, worries or other experiences around you - just like a tree that is stable regardless of the weather.
- Feel how the tree receives the warmth of the sunlight and new, green leaves start growing.
- This exercise gives you inner strength.
- Finish the exercise by breathing calmly and deeply, breathing in and breathing out, slowly opening your eyes.

Source: Story modified from MIELI PSYCHIC HEALTH FINLAND RF, OIVA, Awareness in everyday life, The Mountain:

https://www.oivamieli.fi/sv/berget.php?_gl=1*7u9sgf*_ga*MjEyNDg5MjQ1LjE2NjExNTQ5MzQ.*_ga_64VTH1GWLG*MTcwMTI1NzA4MS4yMC4xLjE3MDEyNTcyOTQuMC4wLjA



Time:

This relaxation exercise takes about 3 minutes



Group or Alone:

The exercise can be done individually or in a group.

Source: The activity is created with inspiration from models and ideas from national material banks. [\(MIELI PSYCHIC HEALTH FINLAND RF, OIVA, Awareness in everyday life, The Mountain\)](#) and ChatGTP's proposal