User requirements

-Be able to do certain therapies in a safe and fun environment.

-Be able to experience relaxing environments without physically moving anywhere.

Functional requirements

-Be able to move in the virtual environment.

-Be able to display different environments”beach or forest for example”

-Be able to do relaxation exercises.

-Intractable menus for therapies.

Tech requirements

-Unreal framework to be used because of its widespread use in VR games.

-To be played on a VR platform.