How to prove a video is a calming video?

1. **Visual Elements:** Nature Imagery: Incorporating scenes from nature such as forests, oceans, rivers, and mountains. Nature scenes are proven to reduce stress and enhance mood. Soft Color Palette: Using soft, muted colors or pastel shades which are easier on the eyes and generally more soothing than bright, harsh colors. Slow Movement: Slow-motion footage or gentle movements within the video help in slowing down the viewer's perception of time, inducing a relaxed state. Minimalistic and Uncluttered: Avoiding overly complex or busy scenes that might distract or cause sensory overload.
2. **Audio Element**: Soothing Sounds: Soft piano, strings, or slow, soothing compositions can be deeply relaxing. “Research has consistently shown that certain types of music, particularly slow, soft, instrumental pieces with a tempo of around 60 beats per minute, can induce relaxation and reduce anxiety.”[ Thoma, M. V., La Marca, R., Brönnimann, R., Finkel, L., Ehlert, U., & Nater, U. M. (2013). The effect of music on the human stress response. PLoS ONE.] Low Volume Levels: Ensuring the sound is not too loud or jarring. Soft, gentle audio is key. Consistent Sound Levels: Avoiding abrupt changes in sound levels which can be startling and counterproductive to relaxation.
3. **Content and Pacing:** Slow Pacing: The narrative or progression of scenes should be slow and deliberate, allowing the viewer’s mind to ease into a state of relaxation without feeling rushed. Simple and Predictable: Complexity and unpredictability can cause anxiety. Simple, predictable content tends to be more calming. Duration: Longer videos allow for a prolonged relaxation effect, giving the viewer time to unwind fully.
4. **Narrative and Guidance:** Guided Imagery: For videos including a narrative, using a calm, gentle voice for guided imagery or meditation can help in focusing and calming the mind. Positive Affirmations: If the video includes spoken content, positive and soothing affirmations can enhance the calming effect.
5. **Technical Quality**: High Resolution: High-quality, clear imagery helps in making the video more engaging and soothing. Smooth Transitions: Abrupt changes can be jarring; smooth transitions between scenes or ideas help maintain a calm atmosphere. Aspect Ratio and Framing: Using wider aspect ratios and careful framing to create a sense of openness and tranquility.
6. **guided relaxation**: breathing exercise: Videos that focus on controlling the breath to reduce stress and induce calm.