

Digital innovation in practice

Virtual reality for relaxation

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With support of

VLAIO



Vlaanderen
is ondernemen



**Gefinancierd door
de Europese Unie**
NextGenerationEU



Background

What is virtual reality?



What is immersive technology?



eXtended Reality (XR)

Augmented reality (AR)

Mixed Reality (MR)

Cave VR or Immersive Room

360° video

Virtual reality (VR)



Virtual Reality (VR)

- Creates a 'new reality'
- Feeling of being immersed in an **artificial** environment
- (smartphone) VR headset
- **Interaction**



360° video or photo

- Creates a 'new reality'
- Feeling of being immersed in a **realistic** environment
- Mostly via VR headset, but also via smartphone or tablet
- **No interaction**

Background

VR for relaxation



History

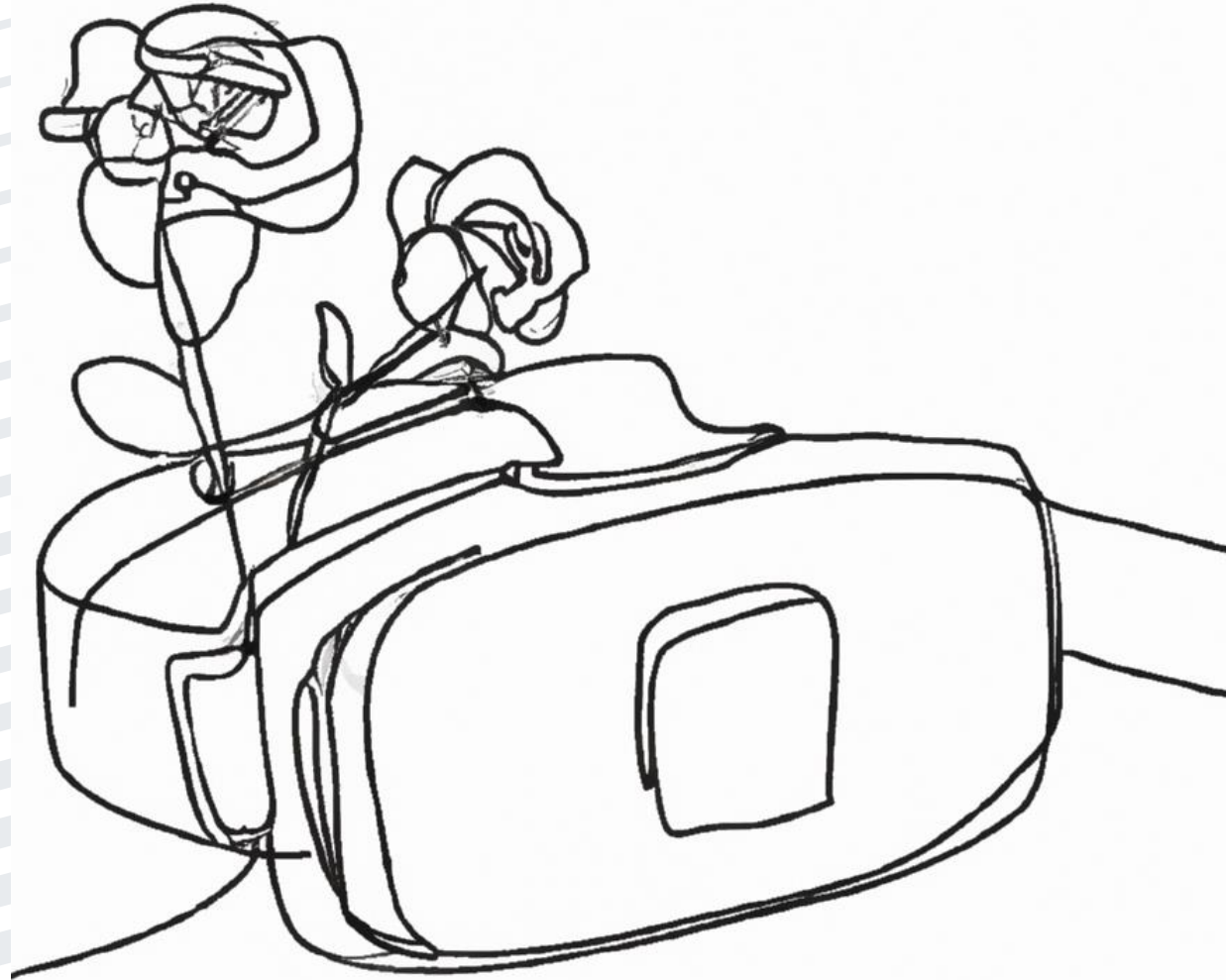
Exposure: PTSD and Phobia



Distraction: pain and anxiety



Psychoeducation and relaxation



Relaxation

Various preferences



Specific techniques





Evidence base

Content = Audio and visuals of nature

- 360° video and VR
- Soothing sounds or music
- Guided meditation or breathing

Feasible, acceptable and short-term efficacious

- Workplace well-being
- Mental health conditions
 - At least equally effective as regular relaxation exercises
- General population

VR for relaxation

Examples



VRelax

VRELAX

[Home](#)

[Producten](#)

[Beleven](#)

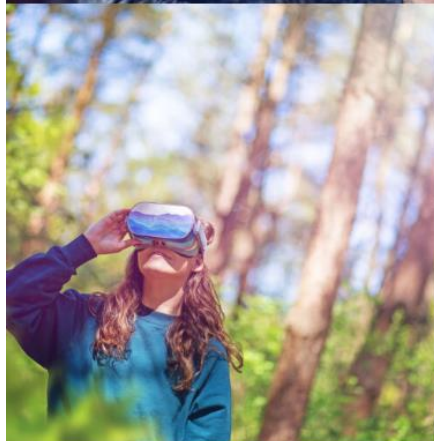
[Doelgroep](#)

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 [Nederlands](#)



Psylaris

Psylaris Care > Relaxatie
Psylaris Care Module

Relaxatie

Stress en angstreductie in de GGZ middels Virtual Reality.

Virtual Reality Relaxatie is gebaseerd op evidence-based technieken en ontwikkeld in samenwerking met erkende psychologen, Ziekenhuizen en GGZ organisaties, en welke grondig zijn getest met eindgebruikers.

[Probeer nu 30 dagen gratis >](#)

Psylaris wordt ingezet door o.a.



VIVIQ



RIOZORG



ggz delfland >



PsyTech VR



Test for FREE

Log in

Distributor Portal

CBT or EMDR ▾

PTSD ▾

Anxiety disorders ▾

OCD ▾

Anger ▾

Relaxation ▾

Who is this for? ▾

About us ▾

Discover a new life without stress and anxiety

through VR Micro-training system for Mental Health

Read more

Try for FREE

100,000+ VR environments for Relaxation and Stress Management

Immersive, realistic, engaging. We add new training every month



AI-generative Safe Place
Create your own desired space



Art therapy
Neurographic art



Mindfulness meditations
Guided sessions in wonder worlds



Breathing techniques
Deep Breathing Exercises



Travel therapy
Unique 360 videos, 4K resolution



Muscle relaxation
Jacobson's relaxation technique



App stores



- app lab
- building
- climbing
- combat
- custom homes
- early access
- educational
- escape
- flying
- fitness
- fps
- game ports
- hand tracking
- horror
- meditation
- multiplayer
- music
- passthrough

Updated

Filters

Now on Meta Quest!

LIMINAL

★ 4.63 (126)

Liminal FREE

HARVEST VR

★ 4.31 (93)

Harvest VR FREE

COSMIC FLOW

A RELAXING VR EXPERIENCE

★ 4.77 (118)

Cosmic Flow: A Relaxing VR Exp... FREE

ZenVR

★ 4.19 (36)

ZenVR PAID

HandParticle

★ 4.73 (41)

HandParticle FREE

Flowborne VR

Biofeedback | Breathing | Meditation

★ 4.88 (33)

Flowborne VR FREE

MindfulnessVR

Choose a scene

★ 4.88 (8)

MindfulnessVR FREE

Irry Hur

★ 3.75 (4)

Irry Hur FREE

Innerworld

★ 4.64 (22)

Innerworld FREE

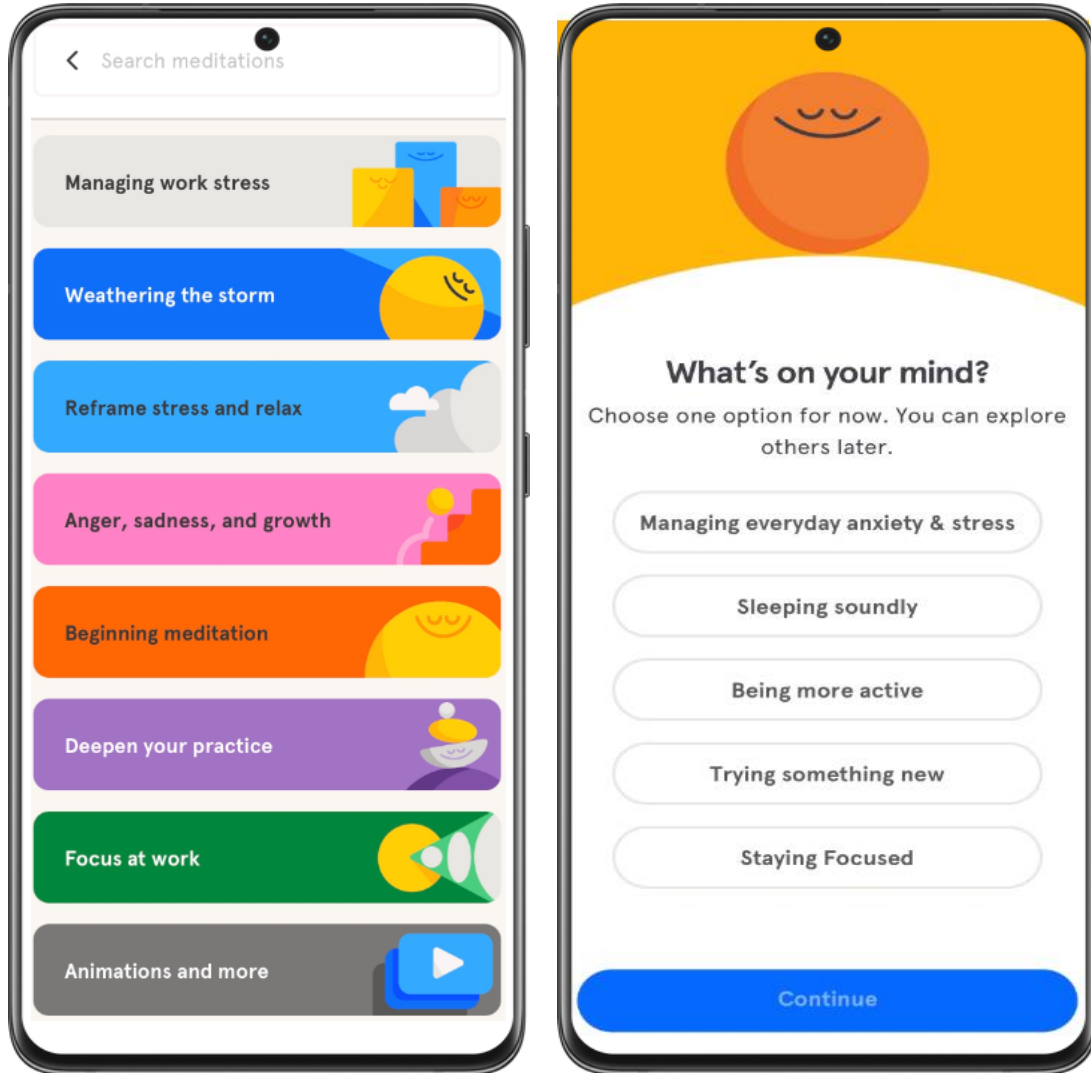
(M)ORPH

VR Music Experience

★ 4.90 (10)

MORPH FREE

Headspace



Popular

Meditation app

Evidence-based techniques for
anxiety, depression, stress

Promising effects

Headspace XR

“A virtual playground for your mind”



THOMAS
MORE

VR for relaxation

Demo



360° nature with audio guidance

Create your own video

Create your own audio guidance

Youtube VR

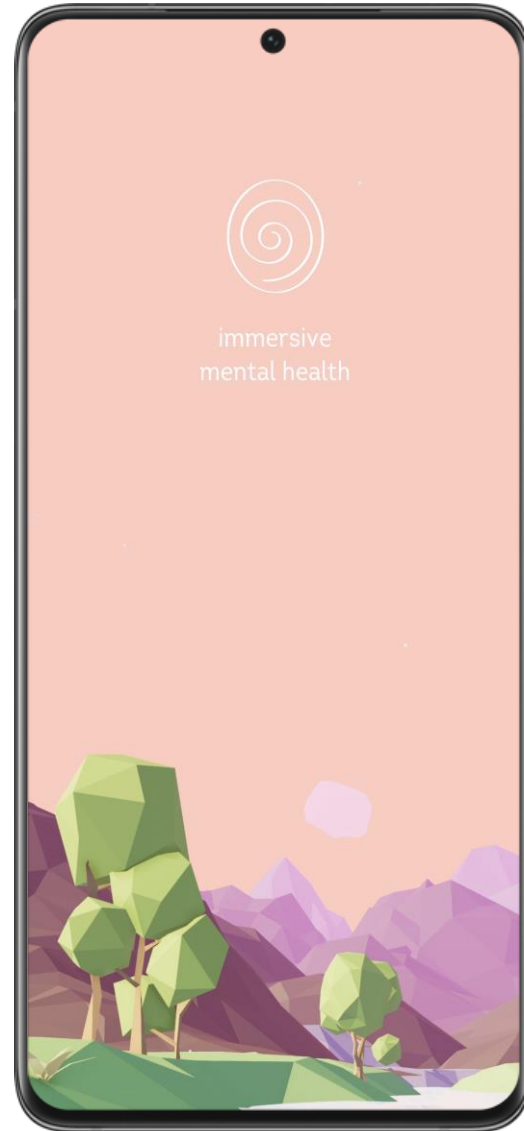
Meta Quest 3 → better visual quality

<https://www.youtube.com/@digitalmentalhealth>





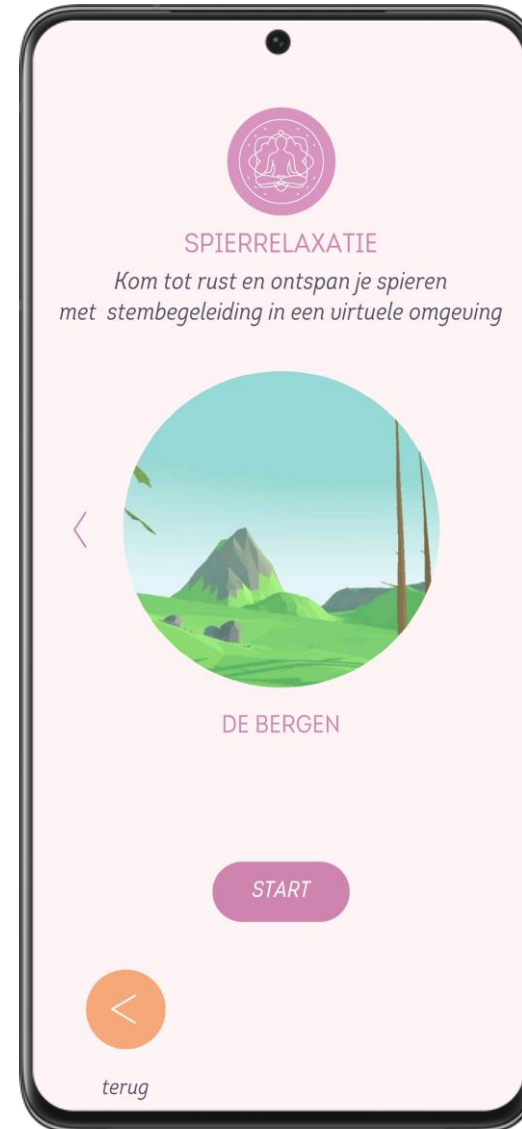
Immersive Mental Health



Immersive Mental Health



Immersive Mental Health

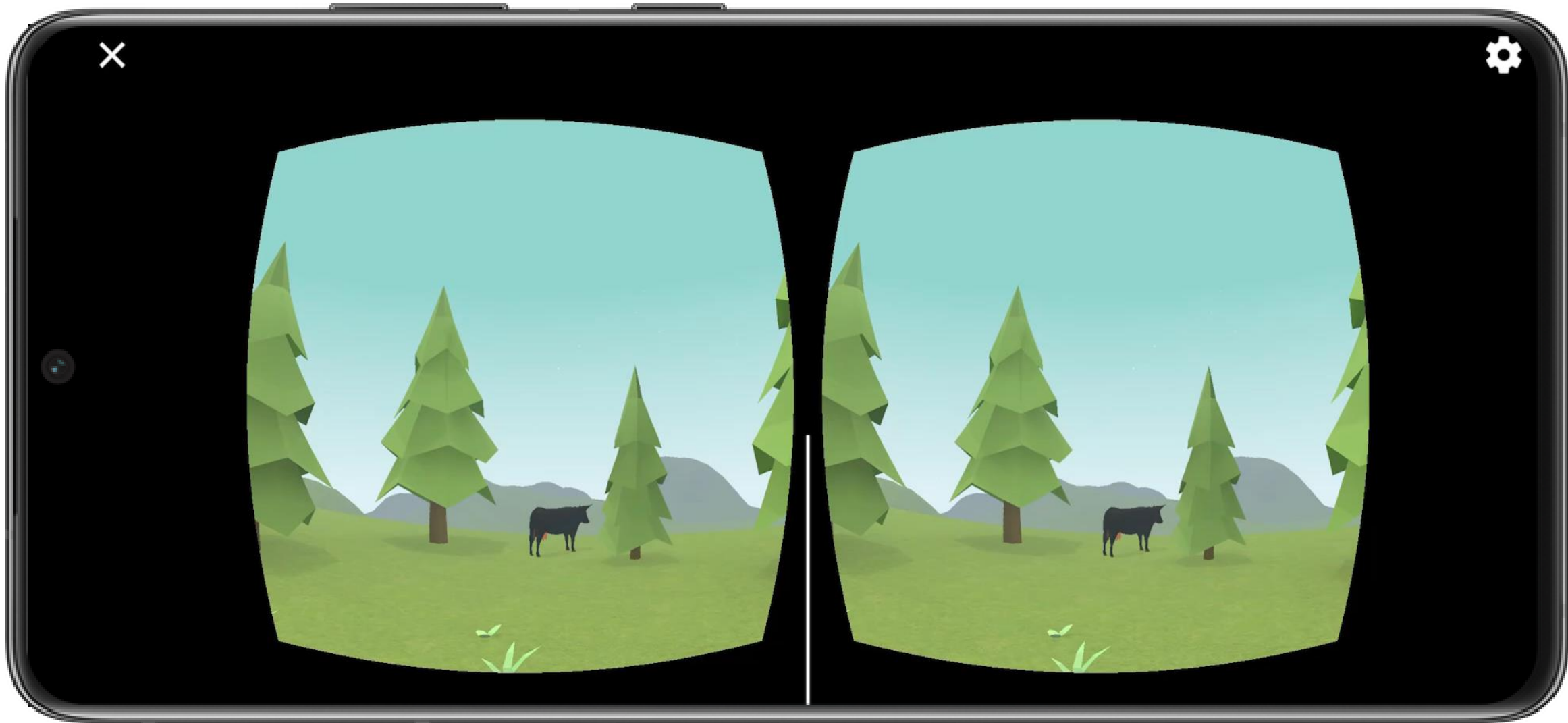




Focus 3 seconden op de startknop
om de ervaring te beginnen



Focus 3 seconden op de startknop
om de ervaring te beginnen



Flowborne

Guided, diaphragmatic
breathing

Created by psychologists and
researchers

Free

VR version

Rockstroh et al., 2021



Flowborne

Select Scenery

The Hills of
Hope



The Bay of
Belief



The Caves of
Calmness



The Forest of
Faith



Back

Questions?



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