



# Just Breathe

Controlled deep breathing is one of the most widely recommended exercises for promoting calmness among people with dementia.

Make your own assessment as to what factors seem to trigger anxiety in your client. Through your own careful powers of observation, a little patience and communication with your client, you can yield important clues as to how to adjust his or her environment to reduce levels of anxiety and to choose the most appropriate relaxation techniques.

Are loud noises especially upsetting? Is lack of sleep exacerbating anxiety? Is there a particular part of the day's routine, or an activity that is prone to setting off a panic attack or trigger a fixation? The answers to basic questions such as these can help you take effective action to make your client more relaxed and comfortable. As your client comes to grips with the loss of memory and declining cognitive capabilities, it is only natural that their patience may dry thin at times.

We suggest taking a “trial and error” approach to determine what steps are most helpful in getting your client to relax. The better you get to know your client, the easier it gets to anticipate potential triggers and avoid them. Just breathe....it gets better! Use this full list of scenic music videos to bring calmness and peace to the both of you.



*Wingtip*

Use these scenic music videos to accompany your client's activities throughout their days.

**A MOMENT IN TIME:**

**LET'S LEARN, LAUGH, PLAY AND PRAY!**

Copyright 2020® Always An Angel Homecare



# *Just Breathe*

## **GENRES OF MUSIC**

Morning Music • Classical Music  
Jazz for Work and Study • Celtic Music

## **NATURE**

Amazing Nature Scenery • Norway's Nature  
Gentle Night Rain • Rain Sounds with Music  
Gentle Ocean Wave Sounds

## **SLEEP**

Sleep Music in Underwater Paradise  
Sleep Ocean Sounds at Night  
Deep Sleeping Music  
Ocean Waves Relaxation  
Abide Guided Bible Meditation for Sleep

## **SEASONAL**

Spring Flowers with Instrumental Music  
Summer Memories with Instrumental Music  
Autumn Leaves with Instrumental Music  
Calm Piano with Winter Photos

## **HOLIDAY**

Christmas Snowing Village with Piano  
Relaxing Fire Burning Video (no loop)  
Instrumental Christmas Music  
London Symphony Orchestra

## **RELIGIOUS**

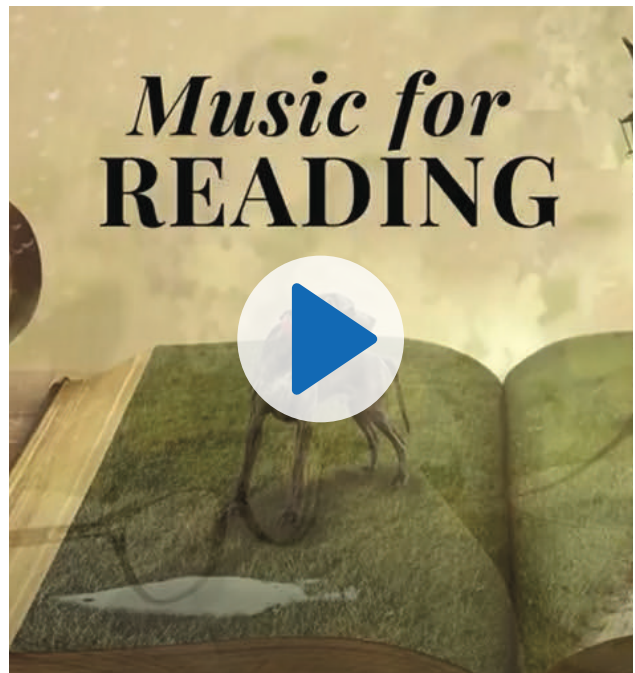
God's Promises  
Praise and Worship on Piano  
Beautiful Instrumental Hymns  
Chant of the Mystics – Divine Gregorian Chant  
31 Best Catholic Hymns and Songs of Praise

# Just Breathe

## GENRES OF MUSIC



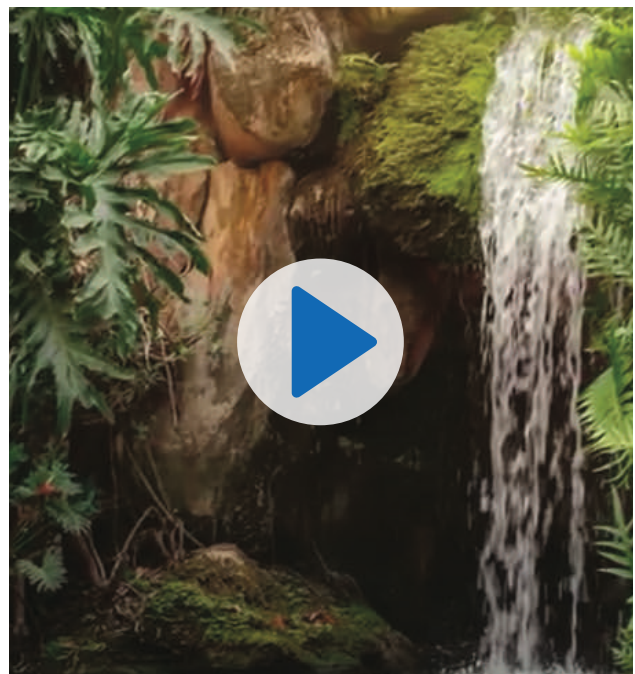
Relaxing Morning Music  
3:03:30 min



Classical Music for Reading  
2:27:52 min



Relaxing JAZZ for WORK and  
STUDY - 2:18:08 min



Celtic Music  
3:04:46 min



# Just Breathe

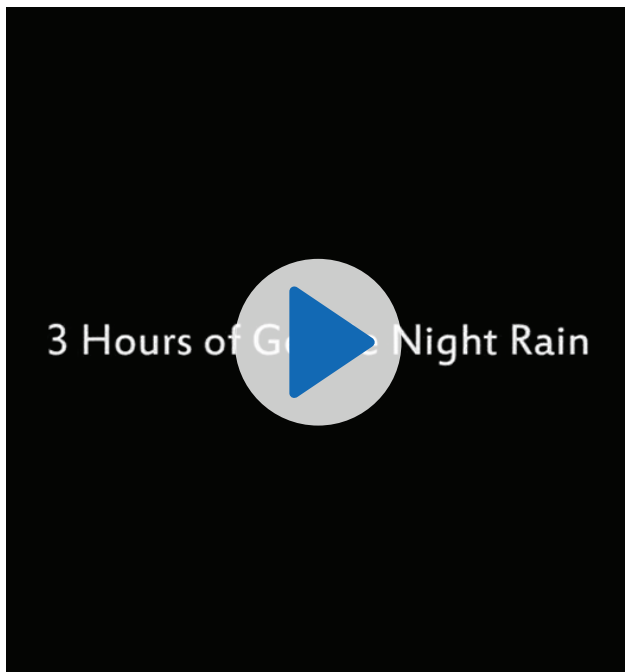
## NATURE



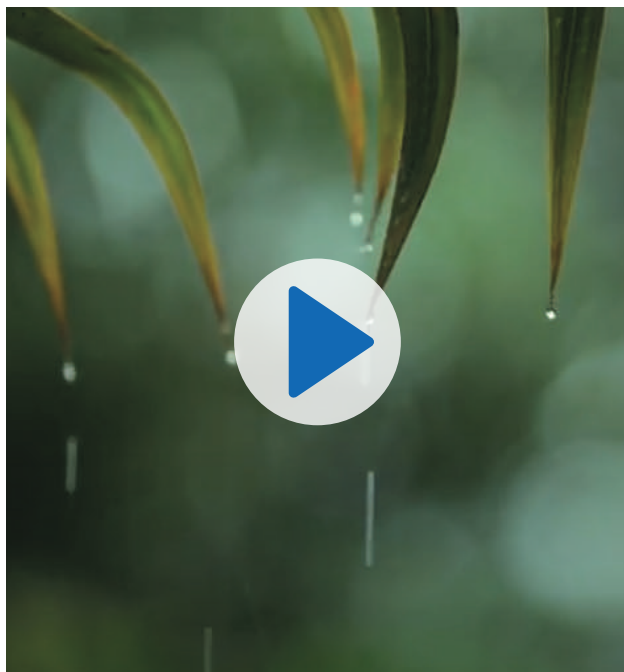
[Amazing Nature Scenery](#)  
[3:00:08 min](#)



[Norway's Nature](#)  
[3:01:29 min](#)



[Gentle Night Rain](#)  
[3:01:35 min](#)



[Rain Sounds with Music](#)  
[10:03:14 min](#)

# Just Breathe

## NATURE



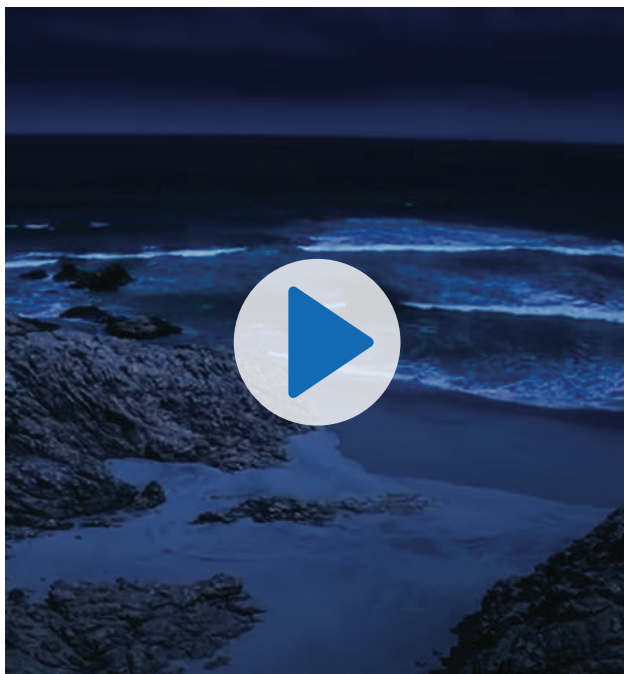
Gentle Ocean Wave Sounds - 3:04:06 min

# Just Breathe

## SLEEP



Sleep Music in Underwater Paradise – 2:56:13 min



Sleep Ocean Sounds a Night - 8:01:22 min

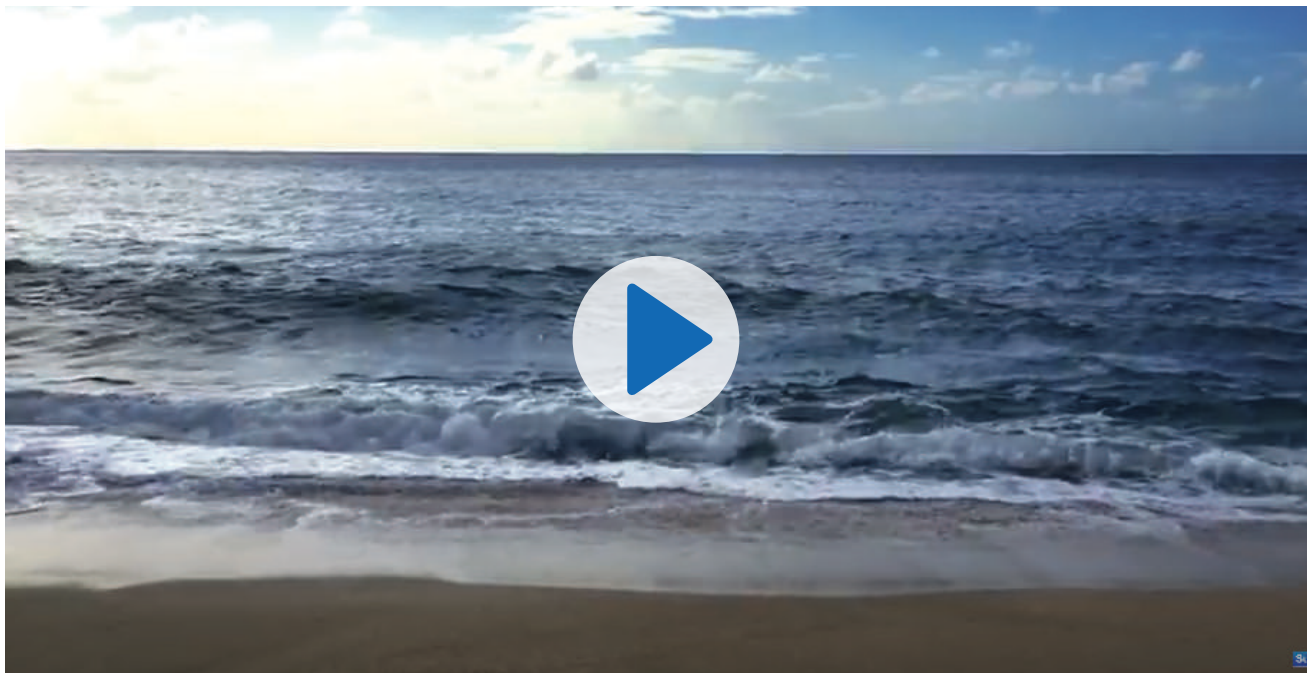


Deep Sleeping Music  
3:00:21 min

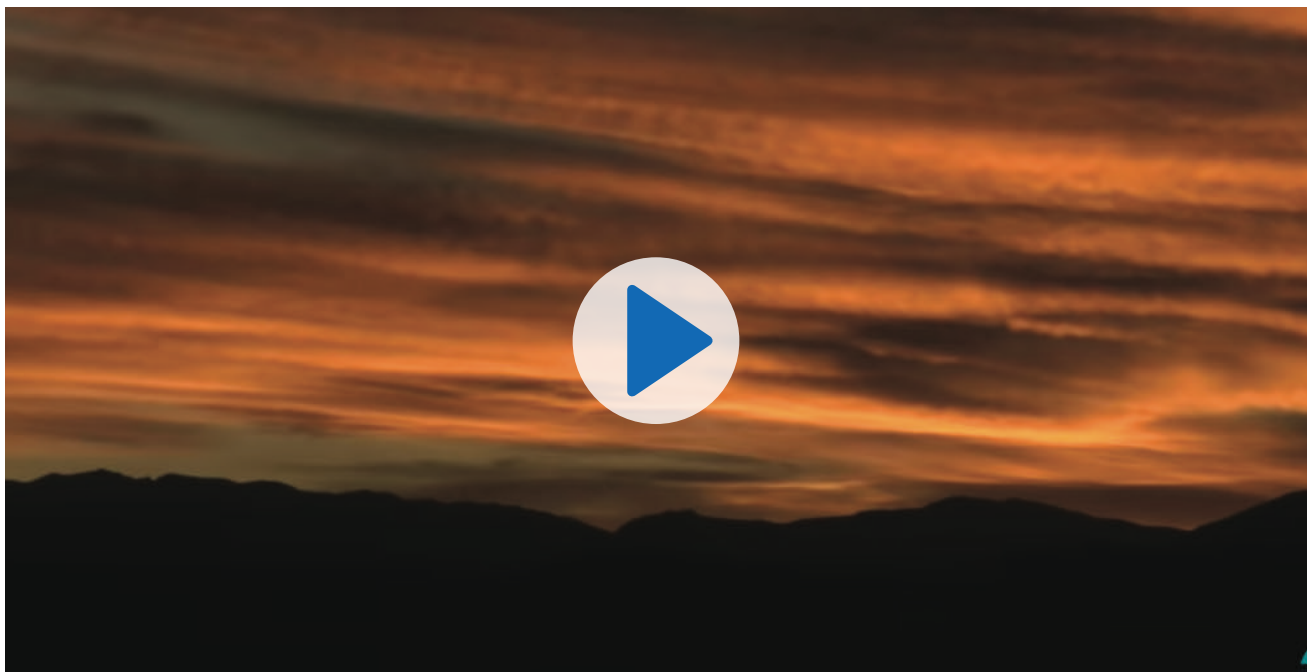


# *Just Breathe*

## SLEEP



[Ocean Waves Relaxation 10:00:00](#)



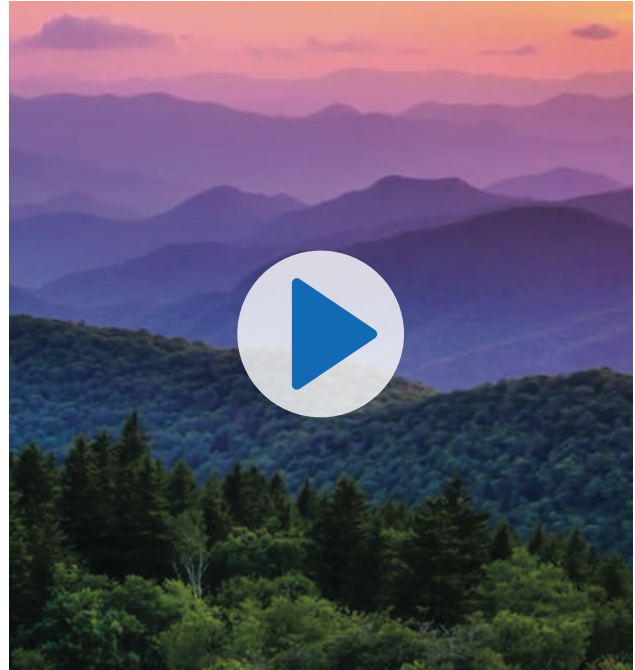
[Abide Guided Bible Meditation for Sleep - 3:03:06](#)

# Just Breathe

## SEASONAL



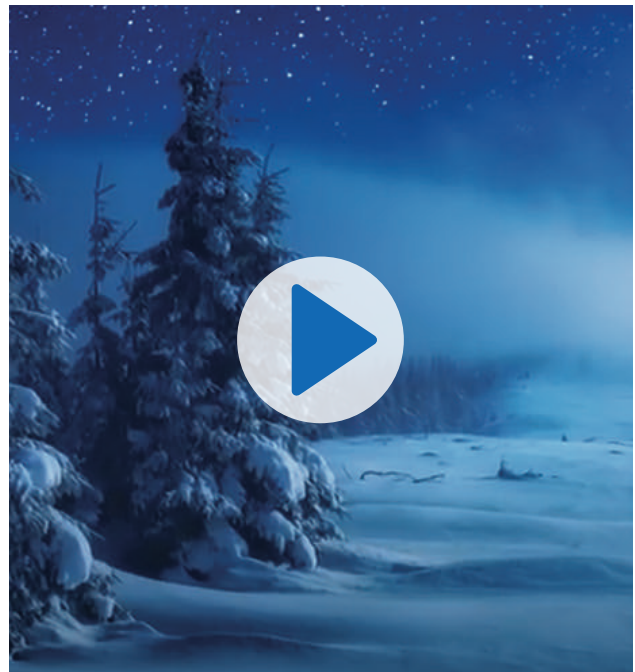
[Spring Flowers to Instrumental Music - 1:57:32](#)



[Summer Memories with Instrumental Music - 2:04:33](#)



[Autumn Leaves with Instrumental Music - 2:03:26](#)

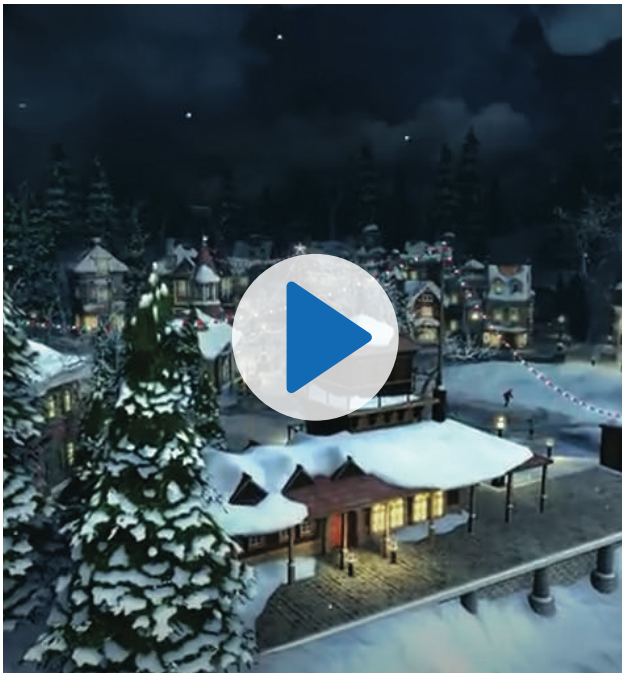


[Calm Piano with Winter Photos - 3:03:44 min](#)

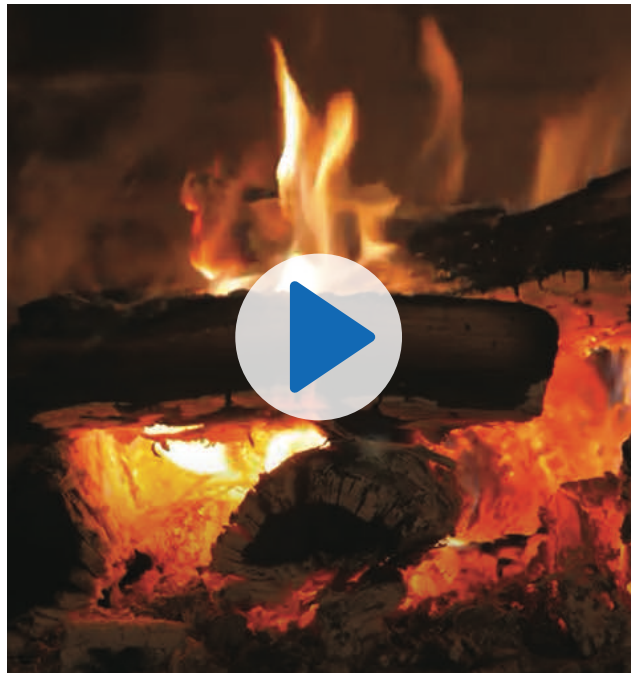


# Just Breathe

## HOLIDAY



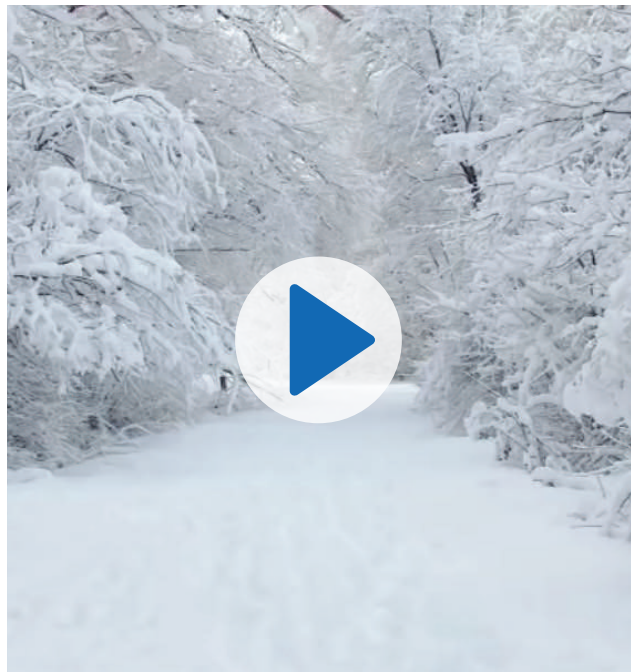
Christmas Snowing Village  
with Piano - 3:00:28



Relaxing Fire Burning Video  
(no loop) - 3:00:13 min



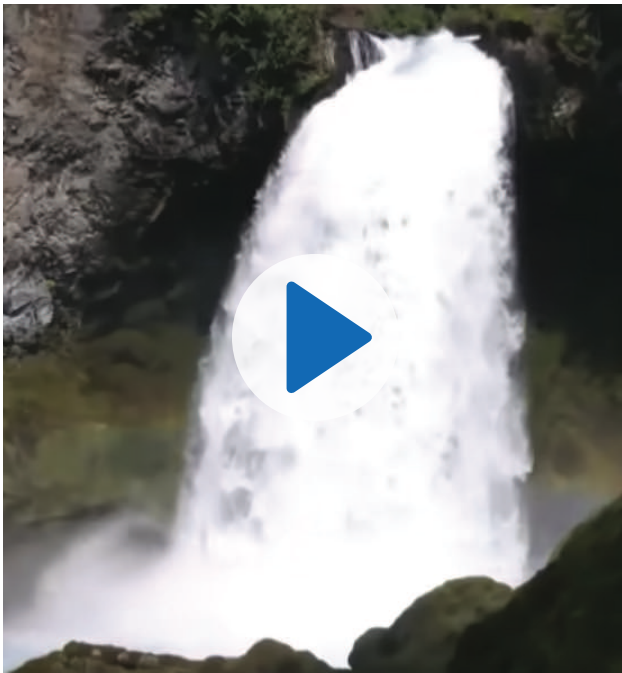
Instrumental Christmas  
Music - 1:02:19



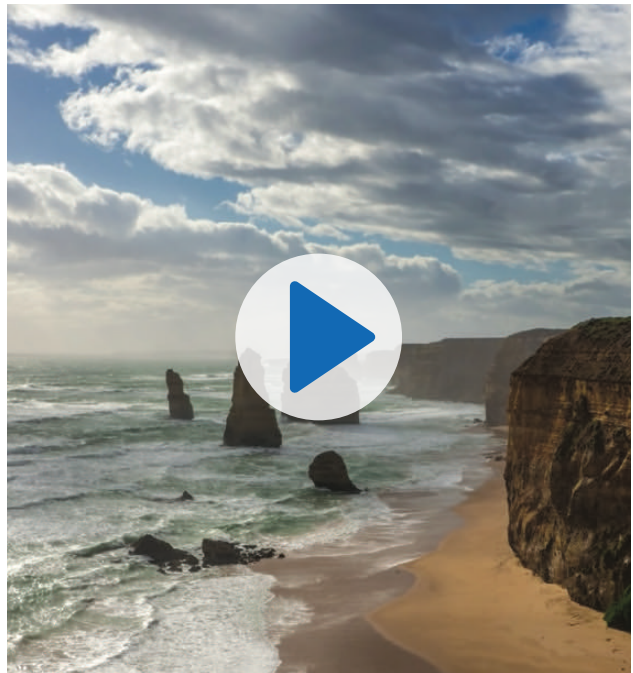
London Symphony  
Orchestra - 37:03

# Just Breathe

## RELIGIOUS



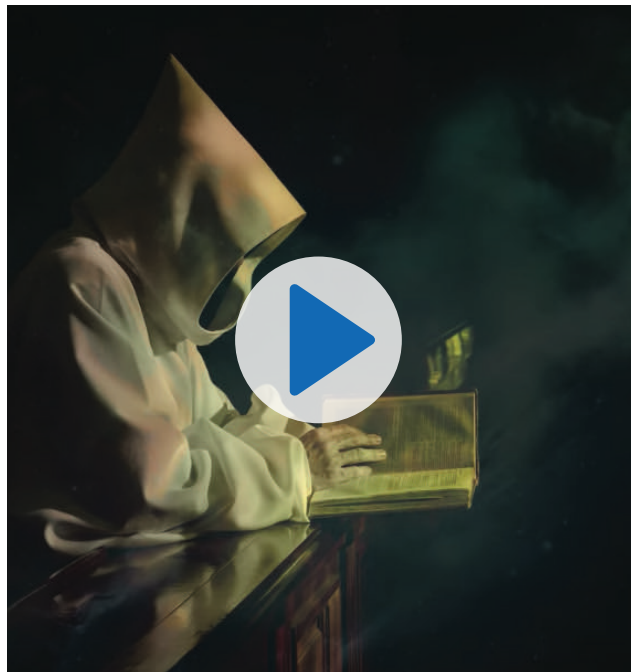
God's Promises - 3:00:04



Praise and Worship  
on Piano - 1:02:04



Beautiful Instrumental Hymns  
2:00:57



Chant of the Mystics – Divine  
Gregorian Chant - 2:00:04



# Just Breathe

## RELIGIOUS



31 Best Catholic Hymns and Songs of Praise - 1:45:42