Soft®med BioLife® contains indication-specific therapy libraries. They allow the start of a session by a single click and guarantee an optimal Biofeedback therapy with maximum user comfort.

The relaxation training helps to consciously integrate phases of regeneration in daily routines. The learned techniques can reduce many psychosomatic symptoms and prevent negative consequences of chronic stress.

Relaxation is achieved particularly through trainings in breathing, distractions, suggestions or mental images. Many patients intending to learn relaxation techniques experience low body awareness and deficient trust in one’s own ability to relax. Misguided effort, pressure to succeed as well as fear of losing control inhibit relaxation.

Biofeedback allows clients to look at their SUCCESS in appl relaxation techniques immediately onscreen which serves to accept positively relaxing effects on one’s body – even in absence of conscious perception. Expectations regarding self-efficacy increase.

Active relaxation
Training of strategies which allow influencing physiology in the direction of relaxation:
- Training of hand warming via feedback on temperature in order to relax by means of increasing peripheral blood circulation
- Respiratory feedback in the presence of unfavourable breathing patterns in order to support slow and deep breathing
- Muscle relaxation in order to reduce tension concerning the M. frontalis or the M. trapezius
- Sympathico-reduction for practising conscious manipulation of vegetative relaxation via feedback on skin conductance level

Stories for relaxation
A new dimension of active relaxation: videos that tell stories and motivate will only be continued if relaxation is achieved.

Journey of relaxation
Permit your patients to participate on a journey of relaxation. Sequences of images (e.g. mountains, oases, lakes) combined with relaxing music carry away to worlds beyond daily life and stress. Simultaneously level of relaxation may be visible onscreen. 20 minutes each.