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TOPICAL

VR MEDITATION



UNC ARVR

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VR MEDITATION

Virtual Reality adds a powerful dimension to meditation by using soothing sights and sounds to help an individual to enter a mental space where they can relax. This can be paired with a biometric device such as an EEG headset or heart rate tracker.

RELATED CARDS:

- (19) VR for Pain Management
- (29) XR & Medicine
- (52) Spatial Perception in VR

For more information, visit our website



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Make a card:

1. Cut along the red lines
2. Glue the backs together

For best results, use a heavy cardstock for printing