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3 Preparing for relaxation. Section 2 Somatic approaches to relaxation. 4 Breathing. 5 Progressive relaxation. 6 Progressive relaxation training. 7 A tense-release script. 8 Passive muscular relaxation. 9 Applied relaxation. 10 Behavioural relaxation training. 11 The Mitchell method. 12 The Alexander technique. 13 Differential relaxation. 14 Stretchings

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Relaxation doesn't have to mean sitting still – gentle exercise can help you relax too. Take a walk, going at your own pace. You might choose to go for a longer walk, but even a few minutes of walking can help you feel relaxed. Look for a class you'd like to try, such as yoga, Pilates or gentle stretching.

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Relaxation is a stress-reducing technique in which blood flow increases and the feeling of anxiety and worry diminish with the voluntary tensing and relaxing of different muscle groups within five to ten seconds [15].

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