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3 Preparing for relaxation. Section 2
Somatic approaches to relaxation. 4
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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
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 Progressive relaxation --Progressive
 relaxation training --A tense-release
 script --Passive muscular relaxation --
 Applied relaxation --Behavioural
 relaxation training --The Mitchell method
 --The Alexander technique --Differential
 relaxation --Differential relaxation --
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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].