

## 5. Applied relaxation

- o The final stage of applied relaxation training involves relaxing quickly in the face of anxiety provoking situations.
- o If your breath speeds up, muscles tense up, or if you feel your heart rate is increasing, begin these 3 steps...
  1. Take 2 or 3 deep, even breaths
  2. Think these calming words to yourself as you continue to breath deeply  
BREATH IN.....RELAX  
BREATH IN.....RELAX
  3. Scan your body for tension and concentrate on relaxing the muscle

# Applied Relaxation Training

**Thomas Griffiths**



## **Applied Relaxation Training:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Applied Relaxation Training** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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