

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

Jianjun Gao



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