

# Relaxation Techniques

6 evidence-based ways to de-stress mind and body

@ChristophBurch



**Mindfulness  
Meditation**



maintaining a moment-by-moment awareness of thoughts, feelings and bodily sensations

**Biofeedback**



monitoring of a bodily function to acquire voluntary control of this function

**Progressive  
Relaxation**



tensing and relaxing of muscles to intensify the relaxation after the release

**Exercise**



exercise and other forms of bodywork can lead to a state of increased relaxation

**Guided  
Imagery**



use of imagination to picture a situation or place that makes you feel relaxed

**Deep  
Breathing**



relaxation of body and mind by deep and slow breathing

# Complete Of Relaxation Techniues

**AW Chickering**



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