

Applied Relaxation Therapy



What is Applied Relaxation?

Applied relaxation is sometimes combined with cognitive-behavioural therapy and focuses on relaxing your muscles in situations that cause anxiety. These sessions are normally weekly for 3-4 months.



Noticing early signs

Applied relaxation therapy teaches how to recognise early signs of anxiety and understand its triggers.



Learning how to relax

With your therapist, you will learn how to relax your muscles during anxiety or panic and, therefore, how to relax mentally.



Features of Applied Relaxation

- Learn how to quickly relax your muscles in response to a trigger, such as the word 'relax'.
- Practice coping with anxious situations when they arise with your therapist.



Is this the right therapy for me?

This therapy doesn't include talking about your history or potential traumas. This means it may be easier for people who haven't experienced trauma or people who don't want to attend talking therapy.



Benefits of Applied Relaxation Therapy

- Can be used along with talking therapy to help support physical symptoms
- You can work on your anxiety-inducing situations at your own pace
- Often quick to start helping
- You don't have to talk about your traumas or past if you don't want to