



RELAXATION STRATEGIES ***WHEN? HOW? WHY?***

Relaxation strategies are just one set of skills used in Cognitive Behavioral Therapy (CBT).

We all would like to spend more time feeling relaxed, but relaxation skills are not always the right skills to improve our anxiety in the long run. One important CBT skill is knowing when to use certain techniques, so we want to know when relaxation strategies are or are not helpful for us.