

# Applied Relaxation

Applied Relaxation (AR) is a simple, effective technique that helps you manage anxiety, panic and fear by relaxing your body and regulating your bodily reactions.

When anxiety builds, your body often reacts first - muscles tighten, breathing quickens, and tension rises. Applied Relaxation helps you recognise these early signs and use targeted stress and anxiety cessation techniques to calm your body before anxiety escalates.

## What it can help with?

Applied Relaxation is a clinically supported approach used to help manage:

- 1 Generalised anxiety
- 2 Phobias
- 3 Panic attacks and stress

## A UK first - Digital Applied Relaxation

Applied Relaxation is usually taught by a trained practitioner. In the Thrive app, you can learn and practise these techniques yourself through guided exercises - learning a powerful technique that is usually incredibly hard to access through standard healthcare channels

