



Learn to Relax: Participant Manual

Candi Raudebaugh

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Learn to Relax: Participant Manual Candi Raudebaugh

Everyone experiences stress, but you can learn how to handle it. Learn to relax your mind and body through a combination of assessment tools, worksheets, and information on topics such as: Stress, What is Relaxation, Practical Applications and Relaxation Challenges, Biofeedback, and Using Relaxation Exercises for Positive Change. This manual accompanies the online "Learn to Relax" course offered by Inner Health Studio.

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