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Definition of relax. transitive verb. 1 : to make less tense or rigid : slacken relaxed his grip. 2 : to make less severe or stringent : modify relax immigration laws. 3 : to deprive of energy, zeal, or strength of purpose. 4 : to relieve from nervous tension.

Relax | Definition of Relax by Merriam-Webster

Relax definition, to make less tense, rigid, or firm; make lax: to relax the muscles. See more.

Relax | Definition of Relax at Dictionary.com

They relax the tension of body and mind, and introduce an element of pleasure into the routine of school life. It was that, no doubt, that caused its hold to relax, and brought us to the ground together. But while I bore my disappointments with more fortitude, I did not, it will easily be imagined, relax my endeavours after liberty.

Relax Synonyms, Relax Antonyms | Thesaurus.com

Spending just a few minutes in nature when you feel stressed may help you relax. When you're feeling stressed, take a step outside and go for a short walk, or simply sit in nature.

How to Relax: Easy Ways to Relax, Recharge, and Vanquish ...

Knowing how to relax is vital for ensuring your health and well-being, as well as restoring the passion and joy in your life. Allowing stress to affect you can lead to depression, illness, weight gain and a general sense of malcontent. Learn to recognize stress and deal with it by calming your mind and your body.

How to Relax (with Pictures) - wikiHow

"Relax" is the debut single by Frankie Goes to Hollywood, released in the United Kingdom by ZTT Records in 1983. The song was later included on the album Welcome to the Pleasuredome. Although fairly inauspicious upon initial release, "Relax" finally reached number one on the UK singles chart on 22 January 1984, ultimately becoming one of the most controversial and most commercially successful records of the decade. The single eventually sold a reported 2 million copies in the UK alone, making it

Relax (song) - Wikipedia

Created with http://www.mp32tube.com

Frankie Goes To Hollywood - Relax (New York Mix) - YouTube

Beautiful relaxing music for stress relief, composed by Peder B. Helland. This instrumental music ("The Hidden Valley") works well as sleep music, ambient st...

Beautiful Relaxing Music for Stress Relief Meditation ...

Synonyms & Antonyms of relax. 1 to get rid of nervous tension or anxiety. she took deep breaths to relax before going on stage. Synonyms for relax. chill, chill out. [slang], decompress, de-stress,

Relax Synonyms, Relax Antonyms | Merriam-Webster Thesaurus

re^lax. (rɪ^læks) v. t. 1. to make less tense, rigid, or firm; make lax: to relax the muscles. 2. to diminish the force or intensity of, as effort or concentration; slacken or abate. 3. to make less strict or severe, as rules or discipline. 4. to release or bring relief from the effects of tension, anxiety, etc. v. i.

Relax - definition of relax by The Free Dictionary

relax verb (PERSON) B1 [I or T] to (cause someone to) become less active and more calm and happy, or to (cause a part of the body to) become less stiff. After work she relaxed with a cup of tea and the newspaper. A good massage will relax your tired muscles.

RELAX | meaning in the Cambridge English Dictionary

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Best places to relax in NYC: Quiet places, parks, museums ...

About "Relax". 5 contributors. "Relax" is the debut single by Frankie Goes to Hollywood, released in the United Kingdom in 1983. It was written in 1982 after frontman Holly Johnson got the ...

Frankie Goes to Hollywood - Relax Lyrics | Genius Lyrics

The eligibility requirements for New York's rent-relief program will be relaxed so that more can access the funds. Details of the specific changes to the program were not provided, but sources ...

New York to Relax Rent Relief Requirements

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Relax New York, Inc. is a New York Domestic Business Corporation filed on January 8, 1997. The company's filing status is listed as Inactive - Dissolution (Feb 18, 2003) and its File Number is 2099903. The Registered Agent on file for this company is Relax New York, Inc. and is located at P.O. Box 1230, New York, NY 10159-1230.

Relax New York, Inc. in New York, NY | Company Info & Reviews

Relax Physically. Physically relaxing your body interrupts and reverses the stress response and can stop a negative-feedback cycle where your mind responds to stress by signaling a physical stress response. The tension in your body that can result from this response increases the levels of stress you feel emotionally.