

What Is CBT and Relaxation?

Cognitive Behavioral Therapy (CBT) helps kids understand how their thoughts, feelings, and behaviors are connected.

One key part of CBT is relaxation techniques—skills that help reduce stress, calm the body, and manage overwhelming emotions.

Some common CBT-based relaxation tools:



Deep Breathing: Slowing the breath calms the body.

Try: Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds.



Progressive Muscle Relaxation (PMR):

Tensing and relaxing muscle groups to release physical tension.



Guided Imagery

Using mental pictures (like a peaceful beach or favorite place) to feel calm.



Mindfulness

Focusing attention on the present moment to reduce worry.

