

Relaxation techniques decrease anxiety in dementia - Canada.com

Contributed by Webmaster
Thursday, 02 July 2009
Last Updated Thursday, 02 July 2009

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Nonpharmacological interventions such as acupuncture, Montessori methods, and massage have all been used to manage agitation and promote relaxation in ...

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How can stress, anxiety and sleep disorder be managed?
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A. Stress, anxiety and sleep disturbance are commonly associated. Often one of these conditions can precipitate other condition or worsen other condition. ...

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Depression, Anxiety Bad for the Heart
Atlanta Journal Constitution

One study found that anxiety and depression can increase the incidence of angina, the chest pain that sends many people to the doctor, said Dr. Mark ...

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