

Open Peer Review on Qeios

## Mindfulness Relaxation

National Cancer Institute

## Source

National Cancer Institute. <u>Mindfulness Relaxation</u>. NCI Thesaurus. Code C93327.

Therapy designed to improve psychological well-being through reduced anxiety, depressive symptoms, and distress, and improved mood.

Qeios ID: XR11CC · https://doi.org/10.32388/XR11CC