

**relax** v

1. 1) расслаблять, ослаблять; разжимать  
relax your hand - не напрягайте руку  
to relax one's hold /grip/ on smth. - ослабить хватку, отпустить; ослабить контроль или власть над чем-л.  
relax your features - не хмурьтесь
- 2) расслабляться, ослабляться, разжиматься  
his muscles relaxed - его мышцы расслабились  
his face relaxed into a smile - его лицо расплылось в улыбке
2. 1) ослаблять, уменьшать (*напряжениe и т. п.*)  
to relax one's efforts - уменьшить /ослабить/ свои усилия  
to relax international tension - ослабить /смягчить/ международную напряжённость
- 2) уменьшаться, спадать (*о напряжении и т. п.*)  
the cold is relaxing - мороз слабеет
3. 1) отдыхать; иметь передышку  
to relax for an hour - отдохнуть часок
- 2) давать отдых  
I read it to relax my mind - я читаю это для отдыха
- 3) снимать нервное напряжение, уменьшать стресс; успокаивать тревогу  
smoking a cigarette relaxes me - выкурю одну сигарету и сразу становлюсь спокойнее  
he is feeling relaxed now - сейчас он чувствует себя менее напряжённо; он уже расслабился
- 4) успокаиваться  
just relax, everything is OK - не волнуйся, всё в порядке
4. 1) смягчать, делать менее строгим  
to relax discipline - ослабить дисциплину  
she relaxed her tone of severity - тон её стал не таким суровым  
to relax immigration laws - смягчить законы об иммиграции  
to relax restraints - ослабить ограничения
- 2) смягчаться, делаться менее строгим, суровым  
he relaxed - он стал не таким суровым, он смягчился /оттаял/  
he hoped that the committee would relax in its opposition - он надеялся, что противодействие комитета станет менее ожесточённым
- 3) делаться менее церемонным  
she relaxed towards him as they walked - во время прогулки она стала держаться с ним проще
5. *уст.* передавать преступников, осуждённых инквизицией, светским властям для казни
6. *спец.* релаксировать, возвращаться в исходное состояние  
◇ to relax the bowels - очистить кишечник

**relax**

Oxford Advanced Learners Dictionary 8th Ed.

**relax** AW [relax relaxes relaxed relaxing] BrE [rɪ'læks] <sup>m</sup> NAmE [rɪ'læks] <sup>m</sup>

## verb

1. **intransitive** to rest while you are doing sth enjoyable, especially after work or effort  
**Syn:** unwind
  - Just relax and enjoy the movie.
  - I'm going to spend the weekend just relaxing.
  - ~ **with sth** When I get home from work I like to relax with the newspaper.
2. **intransitive, transitive ~ (sb)** to become or make sb become calmer and less worried
  - I'll only relax when I know you're safe.
  - Relax! Everything will be OK.
3. **intransitive, transitive** to become or make sth become less tight or stiff
  - Allow your muscles to relax completely.
  - ~ **sth** The massage relaxed my tense back muscles.
  - He **relaxed his grip** on her arm.
  - (figurative) The dictator refuses to relax his grip on power.
4. **transitive ~ sth** to allow rules, laws, etc. to become less strict
  - The council has relaxed the ban on dogs in city parks.
5. **transitive ~ sth** to allow your attention or effort to become weaker
  - You cannot afford to relax your concentration for a moment.

## Verb forms:

verb forms	
present simple	
I / you / we / they	relax
	BrE /rɪˈlæks/
	NAmE /rɪˈlæks/
he / she / it	relaxes
	BrE /rɪˈlæksɪz/
	NAmE /rɪˈlæksɪz/
past simple, past participle	relaxed
	BrE /rɪˈlæksɪd/
	NAmE /rɪˈlæksɪd/
-ing form	relaxing
	BrE /rɪˈlæksɪŋ/
	NAmE /rɪˈlæksɪŋ/

## Word Origin:

late Middle English: from Latin **relaxare**, from **re-** (expressing intensive force) + **laxus** 'lax, loose'.

## Thesaurus:

**relax** verb

### 1. I

- Just relax and enjoy the movie.

**unwind** • • **take it/things easy** • • **sit back** • • **put your feet up** • • **rest** • |informal **chill (out)** • • **hang out** • |BrE **potter** • |AmE **putter** •

**try to/help sb (to) relax/unwind/rest**

**just relax/unwind/take it easy/sit back/rest/hang out/potter/putter**

### 2. I

- Relax! Everything will be OK.

**calm down** • • **cool** • • **pull yourself together** •

**things** calm down/cool off

**Relax or calm down?** People can **relax**; people or a situation can **calm down**. To **relax** is to stop feeling worried. **Calm down** is more about behaviour than feelings: you may still feel worried but you manage to behave in a calm way.

### 3. I, T

- He relaxed his grip on her arm.

**loosen** • • **slacken** • • **release** •

**Opp: tighten, Opp: tense**

relax/loosen/slacken/release your **grip/hold**

relax/loosen/slacken your **muscles**

loosen/slacken a **knot/tie/belt**

## Example Bank:

- He gradually relaxed and began to enjoy himself.
- He was relaxing on the couch with a book.
- His severe expression relaxed into a half-smile.
- Jenna relaxed against the pillows.
- Julie seems to be relaxing a little now.
- Just relax and take it easy.
- Just try to relax completely.
- She instantly relaxed at the sight of him.
- She realized how tense she was and consciously relaxed.
- Use music to help you relax.
- I'll only relax when I know you're safe.
- I'm going to spend the weekend just relaxing.
- When I get home from work I like to relax with a glass of wine.

## relax

Longman DOCE 5th Ed. (En-En)

**re** | **lax** **S3 W3 AC** /rɪˈlæks/ BrE " AmE " verb

[Word Family: adjective: ↑relaxed, ↑relaxing; verb: ↑relax; noun: ↑relaxation]

[Date: 1300-1400; Language: Latin; Origin: relaxare 'to loosen', from laxus 'loose']

**1. REST** [intransitive and transitive] to rest or do something that is enjoyable, especially after you have been working:

- " I just want to sit down and relax.
- " What Robyn needed was a drink to relax her.
- " A hot bath should help to relax you.

**2. BECOME CALM** [intransitive and transitive] to become quiet and calm after you have been upset or nervous, or to make someone do this:

- " Once out of danger, he started to relax.
- " Relax! Everything's fine.

**3. MUSCLE** [intransitive and transitive] if you relax a part of your body or it relaxes, it becomes less stiff or less tight:

- " Gentle exercise can relax stiff shoulder muscles.

**4. RULES/LAWS** [transitive] to make a rule or law less strict

**relax rules/regulations/controls**

Hughes believes that immigration controls should not be relaxed.

5. **relax your hold/grip**

a) to hold something less tightly than before

**relax your hold/grip on**

" He relaxed his grip on my arm.

b) to become less strict in the way you control something

**relax your hold/grip on**

" The party has no intention of relaxing its hold on the country.

6. **relax your concentration/vigilance etc** to reduce the amount of attention you give to something

• • •

**THESAURUS**

- **relax** to rest or do something that is enjoyable after you have been working: In the evenings, I like to relax with some music and a nice meal. | In two weeks' time I'll be relaxing on a beach in Greece.
- **rest** to stop working or stop being active, and sit down or lie down so that you become less tired: If you're tired, we'll stop and rest for a while. | The doctor told me to take some time off work and try to rest.
- **unwind** to gradually relax after you have been working hard or feeling anxious: It had been a bad day and he just wanted to get home and unwind. | Set in spectacular countryside, the Shiga Hotel is the perfect place to unwind.
- **take it/things easy** to relax and not do very much, especially after working very hard or being ill: Now that you've finished your exams, you can take it easy. | The doctor said he'll have to take things easy for while.
- **put your feet up** *informal* to rest for a short time after a tiring activity, especially by sitting with your feet resting on something: Kate poured herself a drink and put her feet up. | When you're pregnant and doing a full-time job, you must find time to put your feet up.
- **chill out/chill** *informal* to relax completely, or stop worrying and getting annoyed about things - used mainly by young people: We spent the day chilling out by the pool. | Hey dude, chill out! It's only a car! | It's a great place to chill out. | Let's go back to my place and chill.
- **loosen up** *informal* to become more relaxed and stop worrying about things: I keep telling Mum that she needs to loosen up a bit. | Tom had had a few drinks and was beginning to loosen up.
- **put somebody at ease/make somebody feel at ease** to make someone feel relaxed, especially in a situation in which they might feel a little nervous: A good interviewer will try to make you feel at ease. | His friendly manner always puts people at their ease.

---

**relax**

Freakuency Pack

12500 **2349**<sup>MCW</sup>  
15000 **1934**<sup>COCA</sup>  
RANGE: **2k** RELAX 18662  
relax 6828  
relaxation 2291  
relaxed 6445  
relaxes 680  
relaxing 2418  
COCA 500k Unlemmatized  
3390 **8377**<sup>3956</sup> *vvi*  
2308 **10513**<sup>2872</sup> *vv0*