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Relaxing day or relaxed day

Using 'relax' correctly is key, as it's primarily a verb, and the noun form is 'relaxation'. The Oxford Learner's Dictionary breaks down five meanings for 'relax', including resting while enjoying something, becoming calmer, or making something less tight. Verb forms like 'relaxed' describe a person feeling calm and not worried, whereas 'relaxing' pertains to activities that promote relaxation. On the other hand, 'relaxation' can refer to time spent resting, feeling calm, or even muscles becoming less tight, or the act of making rules less strict. The term "relaxed" is used in the phrase "It's a fun, relaxed way of getting together," but "relaxing" would imply an activity providing relaxation. The phrase itself functions as a noun, making "relaxed" suitable to describe it, whereas "relaxing" would indicate an action bringing ease.

Relaxing day meaning. Relaxed day. Relaxed or relaxing weekend.