The word of the week is

 UNWIND

Unwind is a **verb.**

**It Means: relax, take it easy, slow down, rest, become less tense**

**Used in a sentence:**

A nice hot bath always helps me to unwind.

I do my best to unwind after a hard day.

I will unwind during the holidays when I have time to kick back.

You are never going to relax unless you give yourself a moment to unwind.