

Relaxation

Learning active relaxation techniques can help teach your body to relax under your command. This is called the “relaxation response”. This worksheet will help you:

- Schedule time to practice relaxation techniques
- Practice different techniques to find the ones that you like and that benefit you
- Get in the habit of using relaxation techniques

Step 1: Choose a Relaxation Technique

There are several relaxation techniques that you can do on your own. Check the box for the technique you want to do:

- ☐ Progressive muscle relaxation
- ☐ Guided imagery
- ☐ Deep breathing
- ☐ Mindfulness meditation
- ☐ Autogenic relaxation
- ☐ Other: _____

Step 2: Schedule Time to Practice

Set certain times to practice the technique you choose. Make it a goal to practice as often as you can. To help you track your progress, write the name of the technique you want to try and the time you have scheduled to do it in the boxes on the worksheet.

Step 3: Rate Your Levels of Fatigue, Pain, and Stress

Refer to the scales below to rate how much of fatigue, pain, and stress you feel before and after your practice session. Write the numbers down in the worksheet boxes.

FATIGUE



PAIN



STRESS



Here's an example for how to fill out the table on page 3:

	STEP 1	STEP 2	STEP 3						
DAY	TECHNIQUE	TIME	FATIGUE SCORE		PAIN SCORE		STRESS SCORE		NOTES
			Before	After	Before	After	Before	After	
Monday	Deep breathing exercise	3:30 - 3:45 PM	8	5	9	5	8	6	After about 10 minutes I started to feel more relaxed and less pain, fatigue, and stress.

Track Your Daily Relaxation Practice

	STEP 1	STEP 2	STEP 3						
DAY	TECHNIQUE	TIME	FATIGUE SCORE		PAIN SCORE		STRESS SCORE		NOTES
			Before	After	Before	After	Before	After	
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									