

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.

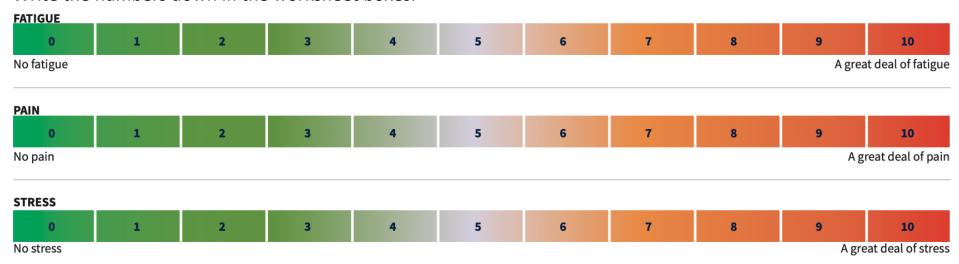


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Step 3: Rate Your Levels of Fatigue, Pain, and Stress

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.



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

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

