

Relaxation Practice Sheet

- Practice your relaxation skills at least 3-5 times this week
- Practice your skills for 10 minutes
- Remember to rate how you feel *before* and *after* you practice your relaxation skill
- Remember you can also practice any time during the week when you feel tense.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I felt:	I felt:	I felt:	I felt:	I felt:	I felt:	I felt:
I did:	I did:	I did:	I did:	I did:	I did:	I did:
Rating (0-10) before relaxation:	Rating (0-10) before relaxation:	Rating (0-10) before relaxation:	Rating (0-10) before relaxation:	Rating (0-10) before relaxation:	Rating (0-10) before relaxation:	Rating (0-10) before relaxation:
Rating (0-10) after relaxation:	Rating (0-10) after relaxation:	Rating (0-10) after relaxation:	Rating (0-10) after relaxation:	Rating (0-10) after relaxation:	Rating (0-10) after relaxation:	Rating (0-10) after relaxation: