



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: |