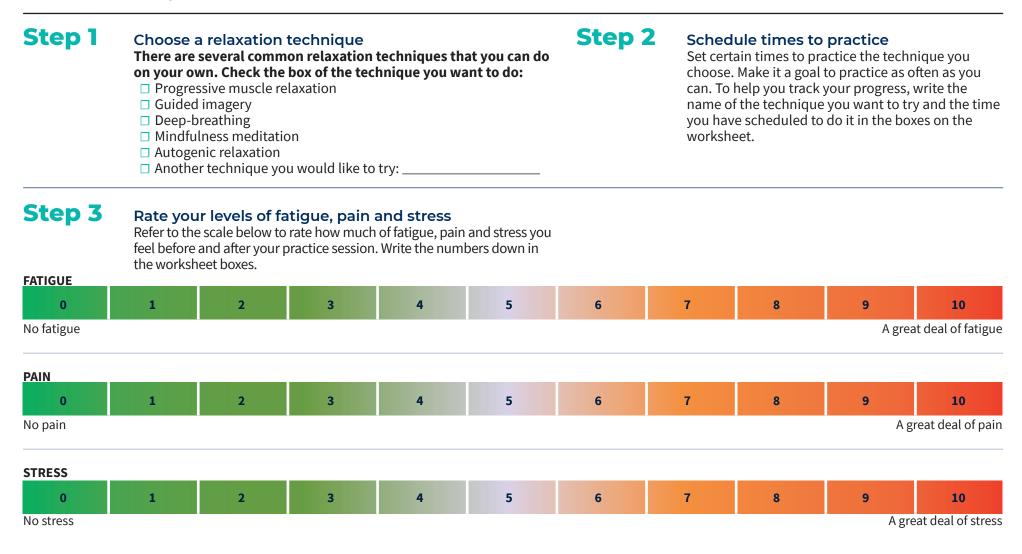
PainGuide

Relaxation Worksheet

Learning active relaxation techniques may help teach your body to relax under your command. This is called the "relaxation response." Using this worksheet may 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



PainGuide

Relaxation Worksheet

	STEP 1	STEP 2	STEP 3						
DAY	RELAXATION	SCHEDULED	FATIGUE RATING		PAIN RATING		STRESS RATING		NOTES
	TECHNIQUE	TIME	Before	After	Before	After	Before	After	
Monday	Deep-breathing exercises	3:30 pm - 3:45 pm	8	5	9	5	8	6	it took a few minutes to get into in, but then 1 started to feel less fatigued, pain and stress

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