

# 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

### Step 1

#### Choose a relaxation technique

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

- Progressive muscle relaxation
- Guided imagery
- Deep-breathing
- Mindfulness meditation
- Autogenic relaxation
- Another technique you would like to try: \_\_\_\_\_

### Step 2

#### Schedule times 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 scale 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



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DAY	STEP 1	STEP 2	STEP 3						NOTES
	RELAXATION TECHNIQUE	SCHEDULED TIME	FATIGUE RATING		PAIN RATING		STRESS RATING		
			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 I started to feel less fatigued, pain and stress

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