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
l felt:	l felt:	l felt:	I felt:	l felt:	l felt:	l felt:
l did:	l did: 					
Rating (0-10) before relaxation:						
Rating (0-10) after relaxation:						