

PHOTOCOPY BEFORE USE

Relaxation Diary

Instructions:

- 1 Keep a record of any relaxation technique or activity you undertake during any of the following periods within a 7 day diary.
2. Record how effective each technique/activity was by rating it on a scale of 1 to 10 (1 = not affective to 10 = highly effective).
3. Think about activities you could try that have helped you feel more relaxed and in control in the past - try these again.
4. Have a go experimenting - try some activities you have not tried before and monitor your results
5. Take some gentle exercise - go for a walk, walk up and down stairs, stretch and relax - *always undertake physical exercise under medical guidance if you have any concerns about your physical health.*
6. PRACTICE! PRACTICE! PRACTICE!

This will help you to get into the habit of practicing relaxation and identify which techniques/activities are most effective for you.

The
Sound
of
Calm

| DAY | MORNING Record of any relaxation | RATE 1 - 10 | AFTERNOON Record of any relaxation activities undertaken | RATE 1 - 10 | EVENING Record of any relaxation activities undertaken | RATE 1 - 10 |
|-----------|----------------------------------|-------------|--|-------------|--|-------------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |