

### DIFFERENTIAL RELAXATION - WORKSHEET

Please fill out the table below to keep track of the steps you practice. Ensure that you have looked at the timetable listed under the *Differential Relaxation, Home Exercise* tab to find out which steps to practice throughout the duration of the program.

Written in green is an example of how you can fill out the following table →

Date:	Step practiced & the activity/place in which you practiced it:	What tension have I identified *identify which essential muscle groups is tense*	Strategy used to relieve tension:	Anything that you noticed while practicing (i.e: any pain, change or comments you'd like to note)
06-25-2021	#3: Sitting, active, quiet place <ul style="list-style-type: none"><li>• Typing in my office</li></ul>	1/7 - specifically the dominant hand	Tension-Release Cycles	<u>Some distractions:</u> <ul style="list-style-type: none"><li>- My dog sat beside me while I worked</li></ul> <u>Comments:</u> <ul style="list-style-type: none"><li>- The Tension-Release cycles method was effective</li><li>- Typing got my mind to ease into a more relaxed state</li></ul>

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