

THE RELAXATION WORKSHEET

Please use the article found at [torontoconcussion.ca > Education > Library > Relaxation \(https://torontoconcussion.ca/terminology/relaxation/\)](https://torontoconcussion.ca/terminology/relaxation/) for more useful information on relaxation, including types of relaxation.

Recordings of different types of guided relaxation experiences can be found at our YouTube channel in the “Guided Relaxation Techniques” Playlist (<https://www.youtube.com/channel/UC4ZiyxQX7El0oxaN7AgRRwA/playlists>).

REFLECTION

1. Describe a time in your life when you were able to stay relaxed – in a way that was good for you – and stay efficient at the same time.
 - a. When was that?
 - b. What did you appreciate about your emotional state then?
 - c. What did you appreciate about the way you were thinking then?
 - d. What did you appreciate about what you did with your time then?
 - e. What did you appreciate about how you interacted with friends, family and other people?
 - f. What would they say they especially appreciated about you at that time?
2. If 10/10 is the most ideal level of relaxation you could have, and 0 is the opposite, where would you place yourself on that scale today?
3. What would be different about how you handle the most stressful things in your day if you were able to increase the dial on relaxation by 1 point?
4. How could you mindfully apply relaxation to any situation, in real-time?
5. What is your current repertoire of relaxation practices (i.e., Guided imagery, Visualization, Diaphragmatic Breathing, Progressive Muscle Relaxation, Autogenic training, Meditation, Mindfulness practices) and activities (i.e., listening to music, yoga, reading, de-cluttering/organizing, cleaning, going for a walk, arts & crafts, exercising, spa, hobbies, etc.), and how often do you do them?

“NAVIGATING THE LAND OF RELAXATION” INSTRUCTIONS

- 1. Column 1: Keep track of your RELAXATION PRACTICES and the FAMILY GROUPS they include:**
 - a. Stretching exercises; b. Tense-let go exercises; c. Breathing exercises; d. Autogenic training; e. Imagery and positive self-statements; f. Meditation and mindfulness
- 2. Column 2: Document the “STRESS TRIGGERS”**
 - Self-stressing Theory expounds that there are six ways in which we trigger and maintain stress in ourselves: a. Stressed posture and position; b. Stressed skeletal muscles; c. Stressed breathing; d. Stressed body focus; e. Stressed emotions; f. Stressed attention
- 3. Column 3: Document the “RELAXATION STATE” or “R-STATE”**
 - Psychological Relaxation Theory expounds that there are 5 different levels of relaxation that can be described with different words:
 - a. Basic relaxation
 - R-state: Disengaged (“Feeling distant, far away, detached”)
 - R-state: Muscles relaxed (“Body Comfortable, Breathing Easy”)
 - R-state: At ease (“Peaceful, refreshed”)
 - b. Basic mindfulness
 - R-state: Aware (“Focused, Clear”)
 - R-state: Centered (“Absorbed, grounded”)
 - R-state: Deepening (“Sense of ‘going deeper’, ‘things are changing’”)
 - R-state: Quiet (“Still, few thoughts”)
 - R-state: Accepting (“accepting what I can’t have or change, ‘let it be,’ ‘it is what it is’”)
 - R-state: Quick detection of mind wandering (“Easy to notice mind wandering or distraction. Catch it early”)
 - R-state: Easy to let go and refocus (“Easy to let go of mind wandering. Not stuck or caught up in distraction”)
 - c. Mindful flow and change
 - R-state: Curious (“Interested. Things seem new.”)
 - R-state: Savouring (“Enjoying each moment”)
 - R-state One step at a time (“Each moment comes and goes”)
 - d. Positive emotion
 - R-state: Happy, Optimistic, Trusting
 - R-state: Loving, Caring
 - R-state: Thankful Grateful
 - e. Mindful Transcendence
 - R-state: Awe and Wonder Mystery
 - R-state: Prayerful, Reverent
 - R-state: Timeless, Boundless, Infinite, At one
- 4. Column 4: Document the DEGREE OF RELAXATION you experienced**
 - 10/10 being commensurate with the most relaxed you have ever been, and 0/10 being the opposite.

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YOUR REALIZATIONS ABOUT RELAXATION FOR THIS TIME IN YOUR LIFE

Looking above at the “NAVIGATING THE LAND OF RELAXATION” Table, do you notice any patterns?

1. Are there certain “STRESS TRIGGERS” that are more amenable to relaxation with a certain “RELAXATION PRACTICE”?
2. Are there certain “RELAXATION PRACTICES” that give you a higher degree (i.e., on a scale of 0-10) of relaxation than others?
3. Are there certain “RELAXATION PRACTICES” that fit better with certain situations?

RELAXATION SNACKPACK

1. List below your “go-to” relaxation strategies that are tried-and-true for you (i.e., that have proven benefit).
2. Look at this sheet daily and implement one practice per day, and any additional times that you may benefit from it.

REFERENCES

Smith, J. (2016). Relaxation Today (pp. 189-195). In Schwartz, M. S., & Andrasik, F. (Eds.). Biofeedback: A practitioner's guide (4th ed.). Guilford Press.