my MS Toolkit

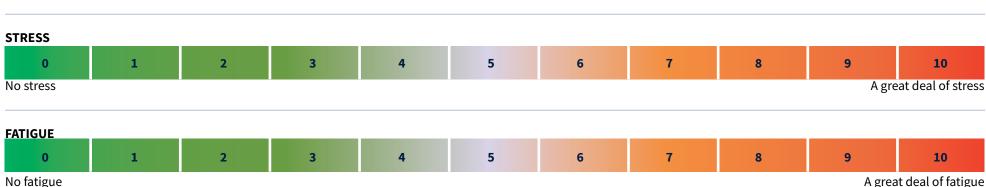
Relaxation Worksheet

Techniques to help yourself relax

Learning active relaxation techniques may help you teach your body to relax more fully on command. This is called achieving 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 Step 2 Choose a relaxation technique Schedule times to practice There are several common relaxation techniques that you can do Set certain times to practice the technique you choose. Make it a goal to practice as often as you on your own. Check the box of the technique you want to do: □ Progressive muscle relaxation can. To help you track your progress, write the name of the technique you want to try and the time ☐ Guided imagery Deep-breathing you have scheduled to do it in the boxes on the ☐ Mindfulness meditation worksheet. ☐ Autogenic relaxation ☐ Another technique you would like to try: _____ Step 3 Rate your levels of pain, stress and fatigue 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. PAIN 0 5 6 9 10 A great deal of pain No pain



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	STEP 1	STEP 2	STEP 3						
DAY	RELAXATION SCHEDULED		FATIGUE RATING		PAIN RATING		STRESS RATING		NOTES
	TECHNIQUE	TIME	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

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