Relaxation Techniques

Name:	Date:

Instructions:

This Relaxation Techniques guide has been created to assist you in incorporating various relaxation methods into your daily routine, promoting overall well-being and stress reduction. Follow the instructions below to engage in each technique effectively:

Deep Pressure	Practicing Visualization
- Find a comfortable and quiet space. - Apply deep pressure using your hands or props (weighted blankets, massage tools) to specific areas like shoulders, back, or hands. - Breathe deeply and slowly, focusing on the sensation of pressure to promote relaxation.	- Close your eyes and envision a calm and serene place. - Engage all your senses in this mental image, noticing details like colors, sounds, and scents. - Stay in this mental space, allowing stress to dissipate.
Practicing Progressive Muscle Relaxation	**Guided Imagery**
- Begin by tensing and then releasing different muscle groups, starting from your toes and working up to your head. - Focus on the sensation of release as you let go of tension in each muscle.	- Listen to or read a guided imagery script that takes you through a peaceful scenario. - Imagine the details described, letting your mind wander and relax.
Yoga	**Breath Awareness**
- Choose simple yoga poses that you are comfortable with. - Focus on your breath and gentle movements, allowing your body to stretch and release tension.	- Sit or lie down comfortably. - Pay attention to your breath, inhaling and exhaling slowly and deeply. - Redirect your focus to your breath whenever your mind wanders.

Anchor Breathing
- Identify the area on your body where you sense the strongest breath—this could be your belly, chest, or nose. This chosen spot, along with the breath sensation, serves as your anchor.   - Focus your attention on the anchor spot while exhaling.   - If distractions arise, redirect your attention to the anchor spot.

30-Day Relaxation Tracker

Day	Date	Relaxation Technique Used	Remarks
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			