

Trauma Release Exercises (TRE) - Daily Practice Log

Instructions:

1. Consult with a mental health professional before starting these exercises.
2. Practice in a safe and comfortable environment.
3. Listen to your body; if you experience overwhelming emotions, stop and seek support.

Date: _____

1. Body Scan

- Spend a few minutes becoming aware of sensations in each part of your body.
- Note any tension or discomfort.

Observation:

2. Breathing Exercise

- Practice deep, diaphragmatic breathing.
- Inhale slowly for a count of four, hold for four, exhale for four. Repeat.

Observation:

3. Grounding Techniques

- Engage in grounding exercises, such as feeling your feet on the ground or focusing on an object in the room.

Observation:

4. Trauma Release Exercises

- Perform gentle stretching or yoga to release physical tension.
- Consider incorporating simple tremor-inducing movements under professional guidance.

Observation:

5. Journaling

- Reflect on your experience during the exercises.

Reflection:

6. Self-Compassion

- Practice self-compassion and kindness towards yourself.

Affirmation:

Notes and Observations:

Overall experience:

Future adjustments: