

Relaxation Plan



10 Minutes a Day



Create a plan to incorporate various relaxation techniques into your daily routine. This can help you cope with anxious feelings or overwhelming emotions.

Day	Activity	Completed	Before	After
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

1. For one week, schedule some time every day to practice one **relaxation technique**. Try and pick a different technique for each day of the week, especially those that you might not have tried before. *Examples of relaxation techniques include breath work, visualisation, muscle relaxation and meditation exercises.*
2. Practice each technique for **at least 10 minutes a day**.
3. Once you have completed a technique, place a tick next to it on the worksheet and **rate** (from 0 - 10) how you felt before and after practicing the technique.

0 = very anxious/stressed/nervous
10 = not at all anxious/stressed/nervous
4. Use a new worksheet for the next week and schedule in those relaxation techniques that you found the **most helpful**.

Further Tips:

- **Set aside a specific time in your daily schedule.** If possible, schedule a set time once or twice a day to practice your chosen technique.
- **Make use of videos, audios or apps.** These can guide you through different relaxation practices and help you perfect your technique.
- **Expect ups and downs.** Sometimes it can take time and practice to find those techniques that work best for you