



Arousal Regulation Sheet – Types of Relaxation Techniques

Year: _____ Month: _____

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| Feeling... •Too relaxed? •Too stressed? | Feeling... •Too relaxed? •Too stressed? | Feeling... •Too relaxed? •Too stressed? | Feeling... •Too relaxed? •Too stressed? | Feeling... •Too relaxed? •Too stressed? | Feeling... •Too relaxed? •Too stressed? | Feeling... •Too relaxed? •Too stressed? |
| Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training | Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training | Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training | Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training | Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training | Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training | Breathing •Complete •Sigh exhalation •1:2 Ratio •5 to 1 Count Progressive relax •Differential PR •Abbreviated active PR •Quick body scan •Neck and Shoulder check •Meditation •Visualization •Autogenic Training |
| What purpose? •Pre-practice? •During-practice? •Pre-competition? | What purpose? •Pre-practice? •During-practice? •Pre-competition? | What purpose? •Pre-practice? •During-practice? •Pre-competition? | What purpose? •Pre-practice? •During-practice? •Pre-competition? | What purpose? •Pre-practice? •During-practice? •Pre-compet | What purpose? •Pre-practice? | What purpose? •Pre-practice? |