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? •During-compete?	**What purpose?** •Pre-practice? •During-practice? •Pre-competition? •During-compete?	**What purpose?** •Pre-practice? •During-practice? •Pre-competition? •During-compete?	**What purpose?** •Pre-practice? •During-practice? •Pre-competition? •During-compete?	**What purpose?** •Pre-practice? •During-practice? •Pre-competition? •During-compete?	**What purpose?** •Pre-practice? •During-practice? •Pre-competition? •During-compete?	**What purpose?** •Pre-practice? •During-practice? •Pre-competition? •During-compete?
Result? •Reduce stress/tension •No effect	**Result?** •Reduce stress/tension •No effect	**Result?** •Reduce stress/tension •No effect	**Result?** •Reduce stress/tension •No effect	**Result?** •Reduce stress/tension •No effect	**Result?** •Reduce stress/tension •No effect	**Result?** •Reduce stress/tension •No effect