Handout 13.2 (PATIENT VERSION)

Relaxation or mindfulness log

Please use the following log to track your practice of assigned physical relaxation exercises (e.g., diaphragmatic breathing, progressive muscle relaxation, guided imagery) or mindfulness exercises over the course of the upcoming week. Below you will find a space to track relevant data for review in your next session.

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		BEFORE exercise:			*AFTER exercise:*		
Date:	*Time:*	*Physical arousal (1–10):*	*Emotional distress (1–10):*	*Type of activity (e.g., PMR; breathing; meditation) # minutes:*	*Physical arousal (1–10):*	*Emotional distress (1–10):*	*Comments:*
5/6/18	7:30am	7	4	Progressive Muscle Relaxation 10 minutes	3	2	Was feeling anxious about my meeting but now I feel more relaxed!
5/6/18	8:45pm	5	8	Diaphragmatic breathing 15 minutes	3	5	Was worrying about packing for my trip. I feel a tiny bit more confident that I'll be able to get it done now.
5/7/18	8:15am	4	3	Body Scan 12 minutes	3	2	Thought I'd try the body scan exercise. I wasn't very anxious or tense before I started, but I enjoyed the exercise.
5/8/18	7am	7	8	Progressive Muscle Relaxation	4	4	My trip is today! I woke up feeling really tense so I thought I'd do the PMR since I know I can get pretty relaxed with that one. It helped!

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BEFORE exercise:					*AFTER exercise:*		
Date:	*Time:*	*Physical arousal (1–10):*	*Emotional distress (1–10):*	*Type of activity (e.g. PMR; breathing; meditation) # minutes:*	*Physical arousal (1–10):*	*Date:*	*Time:*

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