CLINICA family health

# Self-Assessment Sheets: Relaxation Exercises

The following are different ways that people help themselves relax when they are stressed. Please check the ones that you have used and then circle the one that you find are most helpful.

_____ Sleep
_____ Exercise (Workout)
_____ Exercise (Light)
_____ Bath/Shower
_____ Backrub/Massage
_____ Reading/TV
_____ Privacy/Closed Door
_____ Music
_____ Shout/Make Noise
_____ Talk/Phone
_____ Laugh/Funny Stories
_____ Mediate/Pray
_____ Eat
_____ Have Sex
_____ Go Shopping
_____ Go For a Ride
_____ Journaling/Writing
_____ Drink Tea, Coffee
_____ Other Method

*Adapted from Centering Pregnancy® Model Handbook