

C. Relaxation Credit Worksheet

Date: _____

My Stress Solutions Formula for today:

(A ____ + B ____) – 25 = C ____ (relaxation points needed)

<u>Breathing</u>	Relaxation Points	Credit
Pursed-Lip Breathing Exercise	+1 pt/min	_____
Belly Breathing Exercise	+1 pt/min	_____
Focused Breathing Exercise	+1 pt/min	_____
RESPeRATE Device	+10 pts /20 mins	_____
<u>Music</u>		
Music in Background	+3 pts/30 mins	_____
Feet Up, Doing Something Else	+5 pts/30 mins	_____
Feet Up, Listening, Humming	+10 pts/30 mins	_____
Special Program for Pregnancy	+15 pts/30 mins	_____
Special Program for Pregnancy with Bone Conduction	+20 pts/30 mins	_____
Ototoning	+10 pts/20 mins	_____
<u>Mental</u>		
Prayer	+5 pts/10 mins	_____
Affirmations	+5 pts/10 mins	_____
Take a Mental Holiday	+1 pt/each time	_____
Safe Place Meditation	+5 pts/each time	_____
Relaxation Response Meditation	+10 pts/each time	_____
Check in with Yourself	+5 pts/each time	_____
Rainbow of Light	+5 pts/each time	_____
<u>Physical</u>		
Prenatal Exercises	+2 pts/10 mins	_____
Prenatal Yoga	+3 pts/10 mins	_____

Laughter Yoga	+20 pts/10 mins	_____
Chiropractic Adjustment for Pregnancy	+10 pts/adjustment	_____
Enjoy Nature	+5 pts/30 mins	_____
Exercise Routine	+2 pts/15 mins	_____

Biofeedback

StressErasure	+5 pts/10 mins	_____
emWave Personal Stress Reliever	+5 pts/10 mins	_____
Stress Thermometer/ Stress Card/Mood Card	+3 pts/10 mins	_____
GSR2 Biofeedback Relaxation System	+5 pts/10 mins	_____

Personal Pampering

Curl Up with a Good Book or Movie	+2 pts/60 mins	_____
Warm Bath	+3 pts/each time	_____
Herbal Tea Break	+5 pts/each time	_____
Power Nap	+10 pts/each time	_____
Sit Down and Put Up Your Feet	+2 pts/20 mins	_____
Sleep	+1 pt/60 mins	_____
Massage for Expecting Moms	+5 pts/30 mins	_____

Other Forms of Favorite Relaxation

_____	+5 pts/30 mins	_____
_____	+5 pts/30 mins	_____
_____	+5 pts/30 mins	_____

D = TOTAL RELAXATION POINTS EARNED _____

C ____ (relaxation points needed today)

-D ____ (relaxation points earned)

= ____ **UNRELIEVED STRESS AT END OF THE DAY**