Home Stress Relief Exercise

H-S-R-E

Patient's Name:_

Date: / /

The following list of activities is provided to help you control stress and decrease your the emotional response to pain after exercise.

	Quota / Instructions	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm
Activity												
Breathing Exercises												
Relaxation Response												
Listening to Relaxing Music												
Imagery												
Hot / Cold												
Progressive Muscle Relaxation												
Laughter is the Best Medicine												
Prayer												
Visualization-Guided Imagery												
Autogenic Relaxation Technique												
Self-Hypnosis												
Additional Instructions:												