

# Home Stress Relief Practice Dairy

H-S-R-P-D

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

When you experience discomfort during your home activities and exercises, you should lie down or lean back in a recliner and perform one or two of the listed exercises to help you learn how to control your pain.

	Discomfort After	Emotional Response	Automatic Thoughts	Replacement Thoughts
<b>Activity</b>				
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:**