

Relaxation Response Methods

10-20 minutes once or twice daily

Description	Tried? Yes / No	Beneficial to you? No 1 – 2 – 3 – 4 – 5 Yes
Single Point Meditation Counting Breath 4:6 or 4:2:6	<input type="checkbox"/> <input type="checkbox"/>	
Single Point Meditation Words with Breath	<input type="checkbox"/> <input type="checkbox"/>	
Single Point Meditation Mantra or Phrase	<input type="checkbox"/> <input type="checkbox"/>	
Body Scan Meditation	<input type="checkbox"/> <input type="checkbox"/>	
Guided Imagery Meditation	<input type="checkbox"/> <input type="checkbox"/>	
Pranayama Breathwork Practice Alternate Nasal Breathing	<input type="checkbox"/> <input type="checkbox"/>	
Yoga Asana (Postures) Practice	<input type="checkbox"/> <input type="checkbox"/>	
Yoga Nidra (Yogic Sleep)	<input type="checkbox"/> <input type="checkbox"/>	
Semi-Supine Constructive Rest	<input type="checkbox"/> <input type="checkbox"/>	
Color Therapy	<input type="checkbox"/> <input type="checkbox"/>	
Walking Meditation	<input type="checkbox"/> <input type="checkbox"/>	

Relaxation Response Practice Log

	Date	Method of Practice	Stress Level Before (0-10)	Stress Level After (0-10)
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