

# Relaxation Worksheet



When I want to relax, I:

---

---

---

The part of my body that collects tension (gets tense first/gets the most tense) is:

---

---

---

To get that part of my body to relax, I like to:

---

---

---

The kind of breathing that helps me relax is:

---

---

---

Sometimes it helps me to relax if I think about or concentrate on:

---

---

---