

Stress Management

Record how many minutes you spent stretching, breathing, and doing visualization and progressive relaxation. If you're not sure, write "0" (zero).

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Stress Management <i>Record minutes of</i>							
<i>a. stretching</i>							
<i>b. breathing</i>							
<i>c. visualization and progressive relaxation</i>							