

Super Relaxation Week

Worksheet

What do I need more of?

*Solid Support
Time
Less input*

Action

SDN – Sit and do nothing
AT – Alexander Technique semi-supine
BSM – Break from social media
RE – Relax consciously after exercise
N – Power nap / early to bed
M - Meditation

Change

What change in your physical calmness or mental stillness did you notice and when?

Decision made

Time What?



Action

Sit and do nothing for 10 mins – Write SDN10

Time Duration



Calmness shift in day

Log a change in your physical calmness, mental stillness or reduced anxiety

Time Change



*Physical calm P
Mental stillness M
Reduced
anxiety RA*

*e.g. If at 2pm your
physical calmness
level suddenly
went from 4-8,
write:*

*Time: 2pm;
Change P4-8*