

Relaxation Homework

- The aim is to practice the relaxation exercises daily
- Complete the table below on a daily basis:
 - Insert the date
 - Sit quietly and count how many breaths you take in during one minute interval and record figure in the pre-exercise breathing rate column,
 - practice abdominal breathing technique taught during the therapy session for ten minutes
 - then count how many breaths you take in during one minute interval and record in the post-exercise breathing rate column
- Commit trying yourself for at least half an hour everyday or in blocks of 10mins when it is convenient.

Date	Pre-Exercise Breathing Rate	Post-Exercise Breathing Rate

