

Self-Care Work Sheet #5: Help Yourself Relax

Most people who suffer from depression also feel anxious. For many people, this downward spiral — not doing things you used to enjoy, not doing things you should, feeling sad and hopeless — leads to feeling anxious. Since a relaxed body can lead to a relaxed mind, another way to help yourself is to physically relax.

Try this relaxation technique

- Find a quiet, comfortable space.
- Take a deep breath and say something that helps you feel better. (For example, “It’s OK.”)
- Watch your breathing. Let it get slower and deeper.
- While breathing deeply, think about a peaceful image from your past or a calm situation.
- Using different small groups of muscles, tense them (your hand into a fist; clench your jaw) one at a time for 5 seconds and relax for 15 seconds.

MY PLAN

When can I find time to relax? (A specific time.) _____

Every day during the next week, I will practice physical relaxation at least _____ times, each session at least _____ minutes (make it easy and reasonable!).