

Calming Down

Objective

To decrease anxiety and relax using the Calming Down relaxation technique.

You Should Know

This 12-minute audio will help people calm down and relax, particularly when they are experiencing anxiety.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are feeling anxious or stressed. Click here to listen to this audio.

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Use the following chart to record your daily relaxation practice. Make several copies of this chart, and keep a record of the time you spend practicing this relaxation technique until it is truly a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily relaxation exercise.

Day	Time of Day	Minutes	Mood Before Relaxation	Mood After Relaxation
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
