

# Five-Finger Relaxation

## Objective

To practice the five-finger relaxation technique.

## You Should Know

This six-minute audio file guides listeners towards a state of relaxation and well-being by having them imagine four scenes from their past using visual, audio, and kinesthetic images. This technique was developed by Dr. David Cheek and recorded by Dartmouth College Health Services. It was edited by Martin Grant.

[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.*

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?

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