

MINIRELAXATION LOG

Time of Day	Usual Activity	Minirelaxation Strategy
Early Morning		
Midmorning		
Noon		
Early Afternoon		
Midafternoon		
Late Afternoon		
Evening Meal Period		
Early Evening		
Midevening		
Late Evening		

Compare your minirelaxation pattern with that of the “Calm and Relaxed” for ideas you might adopt to increase your relaxation and enjoyment of each day. Also, watch the people around you and look for instances of effective ongoing stress management as well as instances where you can see the need for a stretch, a daydream, or simply a glance out the window at a hummingbird zooming by. As minirelaxations become an automatic part of your day, you will find yourself less often facing upsetting levels of stress. Having nipped so many potential stressors in the bud throughout the day, when you do react stressfully to a situation you will be better prepared to manage it effectively.