

Chart 1: Practicing the Calming Skills

| Day | Deep Muscle Relaxation* | | Natural Breathing* (goal: 10/day) | | | | | | | Calming Breath* (goal: 10/day) | | | | | | |
|-----------|-------------------------|----|--------------------------------------|--|--|--|--|--|--|-----------------------------------|--|--|--|--|--|--|
| | AM | PM | | | | | | | | | | | | | | |
| Monday | | | | | | | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | | | |
| Saturday | | | | | | | | | | | | | | | | |
| Sunday | | | | | | | | | | | | | | | | |

* Place ✓ for each practice.