

The CPRI Brake Shop – Tic Management

Assignment – Relaxation



- Every day for the next week we want you to take at least 5 minutes to **use your new “Breathing Triangle”, or practice “Progressive Muscle Relaxation”**, using either a script, an APP, a YouTube video or a CD, this week! **RELAX** (hey, SCHOOL homework is never this much fun☺)!
- Use a relaxation strategy for a few minutes whenever you feel a ‘Warning Sign’, or whenever you find yourself in a high-stress situation!
- See what all this relaxation does** for you or your Tics!
- For the best results**, use a relaxation strategy every day for at least 5 minutes.

<u>Day 1:</u> # attempts?	<u>Day 2:</u> # attempts?	<u>Day 3:</u> # attempts?	<u>Day 4:</u> # attempts?	<u>Day 5:</u> # attempts?	<u>Day 6:</u> # attempts?	<u>Day 7:</u> # attempts?

Remember! Keep using any Tic Blockers this week too, and track your numbers on a, “BLOCKED Tic Tracking” sheet.