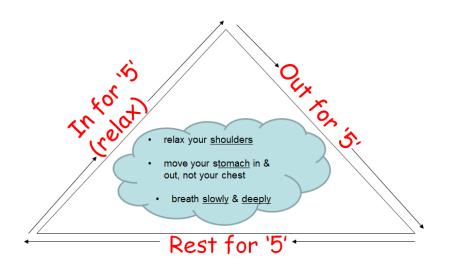
## **The CPRI Brake Shop – Tic Management**

## **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.

Day 1: # attempts?	Day 2: # attempts?	Day 3: # attempts?	Day 4: # attempts?	Day 5: # attempts?	Day 6: # attempts?	Day 7: # attempts?

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