



## Be Pain Smart – Anxiety

### My relaxation plan

Think about how your life would be better if you started putting some relaxing activities into your daily life.

What is one thing you can do today or tomorrow to have more relaxation in your daily life?

What are you going to do to help you relax?



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Below are some activities that people enjoy or find relaxing. Which of these ideas can you use to make relaxing easier for you? Tick the ones you might like to do.

**Meditate every day for 10-15 minutes**

**Go for a gentle walk**

**Listen to your favourite music**

**Soak in a warm bath**

**Spend time outside in nature**

**Do some gentle yoga or tai chi**

**Look at your favourite photos**

**Create something – draw, colour in, bake or build**

**Get wet – have a shower or go for a swim**

**Read your favourite book**

**Sing or dance along to music**

**Do some deep breathing**

**Go fishing**

**Listen to a podcast**

**Build with Lego**

**Spend time with a pet**



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What other ideas can you think of? Write down some of the ways you like to relax.



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### My relaxation plan

Now it is time to make your own relaxation plan. Think about the different ways you can relax and make a plan to do these on a regular basis. These are your tools to help you to manage your anxiety and your pain. Just like with any new tool, you need to practice using it, so you need to make a plan about how often and when you are going to do the activity. That will mean that you are ready and confident that it will work in a time of stress.

A good relaxation plan has a few key parts – it is a good idea to have something from all of these in your relaxation plan

#### Meditation practice

Meditation is a more formal way of helping the mind and body to relax. Go to the [meditation](#) section to see some different kinds of meditation practices you can try – pick one that you could try.

#### Something you enjoy doing

From the activities above (from your own list or those listed) pick one or two things you can see yourself enjoying, select one or two that you could do easily at the moment.

#### Physical activity

Movement and exercise are good for your body and your stress levels. It releases feel good brain chemicals and helps to take your mind off the things you are worrying about. Check out the [physical activity](#) section and pick one or two activities that you can do in a paced way.

#### Self-care or soothing activities

It is really important to take care of yourself. Self-care is about putting yourself first and taking care of what you need and doing some things that are important to you in your day. Self-care activities are things like eating well, getting enough sleep, learning something new or spending time in nature.

In the [My relaxation plan worksheet](#), pick one or two things to do from the four key areas above. To help make this into a plan think about how often you can do each of these activities and when, which day(s) and at what time.



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| RELAXATION ACTIVITY | HOW OFTEN? | WHICH DAY? | WHAT TIME? |
|---------------------|------------|------------|------------|
| Meditation practice |            |            |            |
| Enjoyable activity  |            |            |            |
| Enjoyable activity  |            |            |            |
| Physical activity   |            |            |            |
| Physical activity   |            |            |            |
| Self-care activity  |            |            |            |
| Self-care activity  |            |            |            |
| Other activities    |            |            |            |
| Other activities    |            |            |            |