

USING THE RELAXATION TRAININGS



If you choose to use the progressive muscle relaxation training, please recognize that it is a skill/capacity building program. The directions are:

- Use PMR 1 twice daily for a week
- Then use PMR 2 twice daily for a week
- Then use PMR 3 twice daily for a week
- Then use PMR 4 twice daily for a week
- Then use PMR 5 several times per day, and as needed going forward.

Use Autogenic training before bed or earlier in the day, but never just before playing or practicing.

Use Breathing Count twice daily for four weeks. Then simplify count of up to 3 and down to 1 if using to center.

Use the Confidence exercise as often as you like!