

Activity

Arousal Management Worksheet

Choose an arousal management technique

1

Either **Tactical Breathing** or
Progressive Muscle Relaxation

- Record heartrate measurements
- Rate current stress level (1-10)
- Identify areas of muscle tension and rate level (1-10)

2

Conduct chosen exercise

- Re-record heartrate
- Re-rate stress level
- Re-rate tension level

Arousal Management strategy:

Initial heartrate measurements:

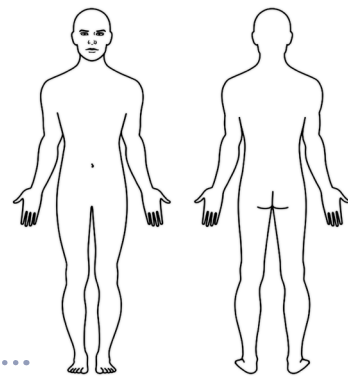
Initial stress level

No stress

Moderate

Extreme

Initial tension areas and level:



Final heartrate measurements:

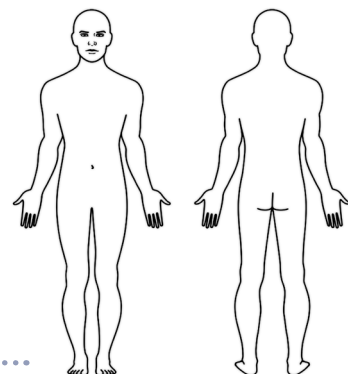
Final stress level

No stress

Moderate

Extreme

Final tension areas and level:



Please save and send this completed form to your instructor.