

## Assignment #3: Finding Relaxation in Our Stirrups

Do you find it difficult to relax during pelvic exams or procedures?

Please circle:

Yes      No

If “yes,” after viewing the video, was there any particular trigger that you identified with that makes you most uncomfortable?

After practicing “Finding Relaxation in Our Stirrups” several times, was there a specific exercise/s you found most helpful? Please circle all that apply.

- A) Grounding
- B) The Cleansing Breath
- C) Nostril Breathing
- D) Rise and Fall
- E) Counting
- F) Mind Body Scan
- G) My Favorite Place
- H) Positive Affirmation
- I) I liked the whole sequence as it is.

## *Homework Assignment:*

Spend 5-10 minutes a day practicing these relaxation techniques. Perform the entire sequence as is or hone in on your favorite exercise/s. Remember that the more you practice, the more helpful and natural they'll feel during your exams and procedures. Additionally, this video is able to play from your cell phone so feel free to use it while you're at the clinic.