kodama

Hyperacusis Module 3 — Relaxation Practice Plan

Plan how you will practice progressive muscle relaxation, breathing, and gentle enrichment this week.

When will you practice progressive muscle relaxation?

Name a cue, time, and place. Example: Weekdays after lunch, seated in the living room, for 8 minutes.

When will you use the breathing practice?

Attach it to a predictable moment. Example: Three slow breaths before entering the grocery store and again when I return to the car.

What neutral background sound will you pair with practice, if any?

Optional sound only; “none” is a valid answer. Example: low fan noise from a room speaker—never headphones.

What did you notice during or after practice?

Complete after practicing, or leave blank when first saving your plan. Example: My shoulders softened after a few minutes; the sound was still present but felt less urgent.