

# Acupressure and Progressive Muscle Relaxation Weekly Diary

Complete the diary on the back each day and bring it to your Bone Marrow Procedure

Mark each time you complete your self-acupressure and progressive muscle relaxation sessions.

A session consists of stimulating four acupoints for a total of seven areas and seven minutes of progressive muscle relaxation.

Use the comments area for questions or were not able to complete the full session.

## Brief Summary of Acupoint Locations and Instructions

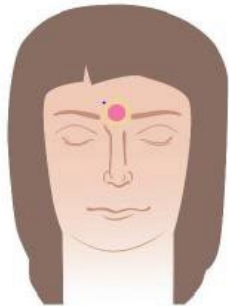
Use your thumb or fingertips to apply gentle, firm pressure to each point.

Press and hold or make circular motions on the acupoint, do not press so hard that it hurts.

Apply acupressure to each of these points on your left and right hands for one - two minutes



Apply acupressure to this point between your eyebrows for one - two minutes



Apply acupressure to the point on each ear for 30 seconds



**PLEASE BRING THIS DIARY TO YOUR PROCEDURE, THANK YOU!**

Please contact Heidi Stecher, Integrative Medicine RN, with any questions at 206.606.5500, ext. 2

## Brief Summary of Progressive Muscle Relaxation and Instructions

Listen to the provided recording and follow the prompts.

The recording will talk you through the process.

You do not have to remember what to do simply follow the directions in the recording.

[Passive Progressive Muscle Relaxation for Procedures Audio Recording](#)

Name:		Date:	
	Session #1	Session #2	Comments
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

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