

Skin Temperature Training Log

Date & Time ¹	Training session goal ²	Pre-session temperature ³	Post-session temperature ⁴	Skill used to lower temperature ⁵	Observations/ Comments ⁶

1. Include the duration of the training session, e.g., May 5, 10:20 – 10:30 am. **2.** Specify the goal for the training session, e.g., Temp = 93F or to maintain temperature at 90F while recalling a stressful topic. **3.** The temperature before you start the session. **4.** The final temperature reading at the end of your training session. **5.** There are various skills you can use: low-and-slow diaphragmatic breathing, visualization techniques, autogenic, passive muscle relaxation, meditation, body scan, etc. **6.** Write down anything that comes to mind in the context of this exercise.