

## List of Patient Education Handouts

### ***Sample Patient Education Handouts for Adult Patients***

- C.2.1 Patient Handout Adult Stress: What Is It and How to Spot It
- C.2.2 Patient Handout Adult CALM Exercise
- C.2.3 Patient Handout Adult Relaxing Breathing
- C.2.4 Patient Handout Adult Progressive Muscle Relaxation
- C.2.5 Patient Handout Adult The ABCs of Habit Change
- C.2.6 Patient Handout Adult Healthy Sleeping Basics
- C.2.7 Patient Handout Adult Train Your Brain for Sleep
- C.2.8 Patient Handout Adult Managing Chronic Pain: The Basics

### ***Sample Patient Education Handouts for Parents***

- C.3.1 Patient Education Handout Parent Ideas for Great Rewards
- C.3.2 Patient Education Handout Parent Using Rewards With Your Child