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