



How Do You Feel BEFORE Relaxing?

This is how I feel **BEFORE** relaxing (when I'm thinking about a stressful situation):

This is how I feel physically:



very good

sort of good

so-so

sort of bad

very bad

How Do You Feel AFTER Relaxing?

This is how I feel **AFTER** relaxing (when I'm thinking about a stressful situation):

This is how I feel physically:



very good

sort of good

so-so

sort of bad

very bad

What's Your Favourite Part of Relaxing?

Which part of relaxing do you like the best? Rank them: #1, #2 and #3!

- _____ **Breathing out** **Stress & Breathing in Calm**
- _____ **Tensing & Relaxing Muscles**
- _____ **Imagining a Calm, Relaxing Place**