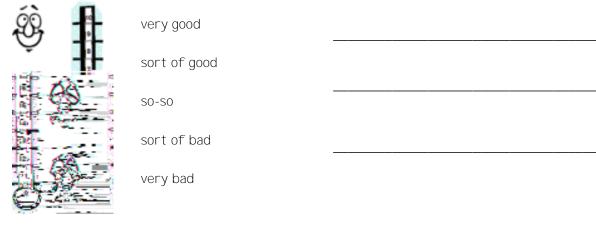


How Do You Feel BEFORE Relaxing?

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



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

S0-S0

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