

Monitoring Your Relaxation level

The most relaxed ... **0** 1 2 3 4 5 6 7 8 9 **10** ... The most anxious or tense

Date & Time	Relaxation level before	Relaxation level after	Comments/Reactions...

It is important to practise relaxation to achieve the best results, as a new skill that you are learning. You can monitor your own progress by keeping a relaxation diary that records the when, where and how of your practise. This will help you to identify particular situations and / or times of the day when you are most tense. Use the scale to indicate your level of relaxation before and after you complete your exercise.

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