Monitoring Your Relaxation Level

It is important to practice relaxation to achieve the best results, as this is a new skill that you are learning. You can monitor you own progress by keeping a relaxation diary that records the when, where and how of your practice. 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 relaxation.

The most relaxed and		0 1		2	3	4	5	6	7	8	9	10 The most t	ense or anxious	
Date & Time		Comments / Reactions										Relaxation level before	Relaxation level after	Comments / Reactions:
														What parts of your body relaxed easily?
														• What sensations were you aware of in your body?
														 Was your mind relaxed?
														• What sorts of images were most relaxing for you?
]		Eap Assist