

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 your 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 tense 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?