



MICE  
Mental health Interventions for Children with  
Epilepsy

# Learning to Relax

## 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

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## 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

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## 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**