

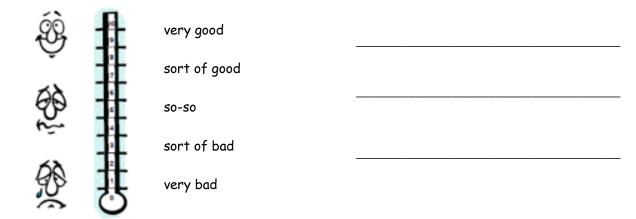
## **Learning to Relax**

## How Do You Feel BEFORE Relaxing?

This is how I feel **BEFORE** 

This is how I feel physically:

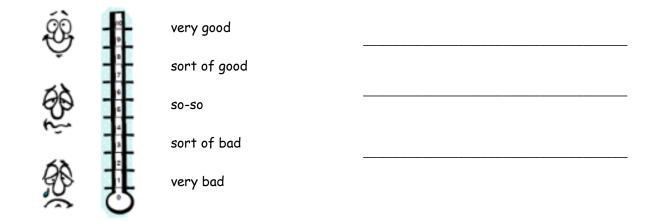
relaxing (when I'm thinking about a stressful situation):



## 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:



## What's Your Favourite Part of Relaxing?

Which part of relaxing do you like the best? Rank them: #1, #2 and #3!

**Stress & Breathing in Calm** \_\_\_\_\_ Breathing out

\_ Tensing & Relaxing Muscles

\_\_\_\_\_ Imagining a Calm, Relaxing Place