
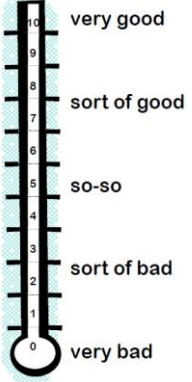
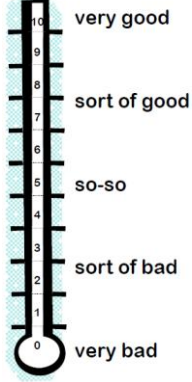




MICE
Mental health Interventions for Children with
Epilepsy

Relaxing at Home

Practise relaxing **twice** this week by using your relaxation audio file/YouTube link. Write down the situation that made you tense, your *Feelings Thermometer* rating when you were tense, and your *Feelings Thermometer* rating after you did the calming activity.

<p>Situation that Made Me Feel Tense</p> 	<p>How I Felt Before Relaxing (0-10)</p> 	<p>How I Felt After Relaxing (0-10)</p> 
<p>Situation 1:</p>		
<p>Situation 2:</p>		