Relaxation Diary

Date/ Time/ Location	Relaxation Strategy	Time Spent	Stress Levels (?/10)		Comments
			before	after	
Monday 7am,	*"60 seconds"*	*10 mins*	*8*	*6*	*Didn't feel like doing it. Felt a bit better afterwards.*
in Bed					*Feeling anxious about the day.*

Complete this diary to track the effectiveness of various relaxation strategies you are trialing