

Relaxation diary: record your daily relaxation practice and its effect on your level of tension. Before you start write down your level of tension out of 10, where 10 is as stressed and tense as you could possibly be and 0 is no tension at all. When you have finished the relaxation exercise write down your level of tension again.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relaxation 1: tension before							
Relaxation 1: tension after							
Relaxation 2: tension before							
Relaxation 2: tension after							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relaxation 1: tension before							
Relaxation 1: tension after							
Relaxation 2: tension before							
Relaxation 2: tension after							