

*Name of student to be written on line at top of log.

_____ 's*

Relaxation Log



Date	Time	Relaxation Technique	How did you feel before?	How did you feel after?

Reflection

Discuss each of the following reflection questions in detail on back of log:

- Did these techniques resonate with you?
- Can these techniques fit into your daily lifestyle?
- Through these exercises, were you able to focus your mind and elicit the relaxation response?