

Relaxation Activity

Mindfulness Breathing/Muscle Relaxation Breathing

Name: _____ Date: _____ Hour: _____

1. Would you use this method to stress management technique in your life? Why or Why not?

2. What did you **like** about this activity? Why?

3. What did you **dislike** about this activity? Why?

4. What are some stress management techniques you use? List them and explain why you use these techniques?

1. _____

Why? _____

2. _____

Why? _____

3. _____

Why? _____

4. _____

Why? _____

5. _____

Why? _____