

Name _____

Date _____

DEEP RELAXATION REFLECTION QUESTIONS



Engage in deep relaxation by lying on your back and paying attention to your breathing. Bring awareness to each part of your body, starting at your head all the way down to your toes.

Instructions: Record your reflections below.

What did you experience during deep relaxation?

How do you practice deep relaxation?

Why practice deep relaxation?

When do you plan to practice deep relaxation?