**RELAXATION PRACTICE AND STRESS AWARENESS WORKSHEET**

Practice assignments during the week:

• Relaxation: just for this week please set aside time and do two practice sessions of the progressive muscle relaxation or another type of relaxation each day. Use the recording on the site. Relaxation is a skill and, like any skill, needs to be practised, intensively in the first instance. You may need to negotiate with your family for time and space to be able to do this quietly on your own. Please keep a record of your practice, including a rating of your level of tension/relaxation (on a 1 to 10 scale, with 10 being extremely tense and one being completely relaxed).

• Monitoring stressful events: during the week I would like you to keep a record of events that you recognise to be stressful. You may become aware of a relationship between these events and your IBD symptoms. See the example below:

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| **Date/time** | **Stressful Event** | **Body Symptoms** | **Link with IBD** |
| 02/12/10 | Driver tailgating  my car | Tension in arms,  neck, face, jaw,  abdomen, back,  racing heart,  shallow fast  breathing | Not so far, but I  was more angry  during the day. |
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