

Physical Activity Introduction and Relaxation Practice Worksheet

Thank you for listening to Session 1. We explored the importance of physical activity, relaxation and encouraging positive emotions by noticing what went well each day. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Physical Activity

**What am I going to do to become more physically active?
How often will I do this?**

Relaxation

What am I going to do to help me relax, e.g. practise the body scan exercise?
How often will I do this?

Noticing What Went Well

What went well in the previous 24 hours, however small?