

Student Counselling Office (Zentrale Studienberatung)

Relaxation analysis

Do you know what relaxes you and which activities make you feel happy and less stressed? Take an inventory! Print these questions out and answer them in writing.

1. On a scale from 1 (= not very) to 10 (= very), how relaxed do you feel at the moment?
2. What helps you relax and unwind?
3. How do you react when you are relaxed? (physically, thoughts, feelings, behaviour)
4. How can you incorporate more relaxation into your everyday life?
5. How would you complete this sentence? A healthy person is someone who...
6. What words or terms do you associate with health?
7. When and how do you feel healthy? When are you considered healthy in your daily surroundings? Are there any discrepancies between the two?