

Unit 3.4 Stress Management Skills

Meditation Reflection Log - Level 2

First Time I Meditated This Week:

1. What meditation app or YouTube video did you use? If you used a YouTube video, please put the link here.
2. How long did you meditate for?
3. How did you feel before you did your meditation? (ex. tired, anxious, grumpy, overwhelmed, etc.)
4. How did you feel after you did your meditation? (ex. Relaxed, happy, no different, energetic, etc.)
5. Are you pleased with how you felt after you meditated?
6. What did you like about the meditation you chose?
7. What did you not like about the meditation you chose?
8. Do you think you will continue to use this meditation app/video in the future?

Second Time I Meditated This Week:

1. What meditation app or YouTube video did you use? If you used a YouTube video, please put the link here.
2. How long did you meditate for?
3. How did you feel before you did your meditation? (ex. tired, anxious, grumpy, overwhelmed, etc.)
4. How did you feel after you did your meditation? (ex. Relaxed, happy, no different, energetic, etc.)
5. Are you pleased with how you felt after you meditated?
6. What did you like about the meditation you chose?
7. What did you not like about the meditation you chose?
8. Do you think you will continue to use this meditation app/video in the future?



Third Time I Meditated This Week:

1. What meditation app or YouTube video did you use? If you used a YouTube video, please put the link here.
2. How long did you meditate for?
3. How did you feel before you did your meditation? (ex. tired, anxious, grumpy, overwhelmed, etc.)
4. How did you feel after you did your meditation? (ex. Relaxed, happy, no different, energetic, etc.)
5. Are you pleased with how you felt after you meditated?
6. What did you like about the meditation you chose?
7. What did you not like about the meditation you chose?
8. Do you think you will continue to use this meditation app/video in the future?

Fourth Time I Meditated This Week:

1. What meditation app or YouTube video did you use? If you used a YouTube video, please put the link here.
2. How long did you meditate for?
3. How did you feel before you did your meditation? (ex. tired, anxious, grumpy, overwhelmed, etc.)
4. How did you feel after you did your meditation? (ex. Relaxed, happy, no different, energetic, etc.)
5. Are you pleased with how you felt after you meditated?
6. What did you like about the meditation you chose?
7. What did you not like about the meditation you chose?
8. Do you think you will continue to use this meditation app/video in the future?

Fifth Time I Meditated This Week:

1. What meditation app or YouTube video did you use? If you used a YouTube video, please put the link here.



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2. How long did you meditate for?
3. How did you feel before you did your meditation? (ex. tired, anxious, grumpy, overwhelmed, etc.)
4. How did you feel after you did your meditation? (ex. Relaxed, happy, no different, energetic, etc.)
5. Are you pleased with how you felt after you meditated?
6. What did you like about the meditation you chose?
7. What did you not like about the meditation you chose?
8. Do you think you will continue to use this meditation app/video in the future?

