

# MY READAXATION DIARY

First name or just initials:

Age:

Lots of people say that reading an enjoyable book is a useful way to reduce stress. Nicola Morgan calls this READAXATION. Would you like to see whether it works? You just need to record some feelings for seven days.

**First, read these statements and score 0-4 depending on how much you agree.** So, if you don't agree at all, circle 0; if you strongly agree, circle 4. Think carefully about your answers.

1. "It is usually easy for me to find a book I'll enjoy." 0 1 2 3 4
2. "Ideally, I would like to read for pleasure every day if possible." 0 1 2 3 4
3. "It is easy for me to make time for reading." 0 1 2 3 4
4. "Often when I read, I get carried away and involved in the story." 0 1 2 3 4

**Now, each day for 7 days, follow these steps:**

- Find a time when you won't be disturbed for about half an hour and a book you *want* to read. Find a comfortable place to read.
- On the chart below, record your stress levels **before** you start reading, on a scale of 0-4. Think about symptoms such as *racing heart, shallow breathing, tight muscles, feeling anxious*, not the actual things you might be worried *about*.
- Then read for about half an hour, letting yourself be carried away into the book.
- Note your stress levels **after** you finish reading.

0 = (no stress at all)

1 = (slightly stressed)

2 = (medium stressed)

3 = (pretty stressed)

4 = (extremely stressed)

If you didn't read one day, DON'T record that day. Stop when you have 7 days of records.

DAY	BEFORE 0-4	AFTER 0-4	Did reading make you feel any less stressed? Yes/No/Maybe	COMMENT – eg if something happened to spoil your reading session
1				
2				
3				
4				
5				
6				
7				

Did reading an enjoyable book help you relax?

Do you think reading for pleasure might help lots of people feel better and be healthier?

Do you think there should be more research into this?

Happy readaxation!