

## Appendix 7 – ALD Results (Headspace)

Learner	Right now I feel...	After my 10 minute meditation session I feel...	I think my day has gone...	
<b>J</b>	Tired Stressed Happy Awkward	Fidgety Lazy Demotivated Worried	More relaxed Still worried/ stressed More motivated Less fidgety	I think my day has went quite well. I did a treatment and felt rather confident during it and I stayed on task. I also have enjoyed the day more and feel like the time has passed quickly.
<b>C</b>	Tired Demotivated Irritable Not confident	More relaxed More laidback Sleeper	Doing the practice root colour application on B, I felt on task and focused Felt confident in what I was doing The day went quick	
<b>A</b>	Tired Weak Ill In pain Demotivated Fidgety	More tired Less weak Totally motivated Still ill Still in pain Less fidgety	I feel the headspace App helped me stay a lot more chilled throughout the day	
<b>L</b>	Devastated Annoyed Tired Back pain	The same way- it didn't help one bit and actually give me a headache	I was focused on what I was doing but it did give me a headache	
<b>A</b>	Angry Like everyone is judging me Down Anxious	Relaxed Calm Happy	Way better than I thought	
<b>L</b>	Tired	Relaxed but more tired	Proper good!	
<b>P</b>	Stressed Tired Unsettled	Relaxed Awake Motivated Stress has gone	Good and positive	
<b>B</b>	Stressed Fidgety Tired	Calm Focused Happy Tired	Very well- better than expected	