

# About the resting period

We are interested in the potential feelings and thoughts you may have experienced during the resting period. Please indicate the extent to which you agree with each statement.

**I thought about my behaviour \***

Completely Disagree

0    1    2    3    4    5    6

Completely Agree

**I thought about things I need to do \***

Completely Disagree

0    1    2    3    4    5    6

Completely Agree

**I was conscious of my body \***

Completely Disagree

0    1    2    3    4    5    6

Completely Agree

**I felt sleepy \***

Completely Disagree

0    1    2    3    4    5    6

Completely Agree

**I thought about my heartbeat \***

Completely Disagree

0    1    2    3    4    5    6

Completely Agree

**I thought about people I like \***

Completely Disagree

0    1    2    3    4    5    6

Completely Agree

**I felt comfortable \***

Completely Disagree  Completely Agree

**I thought about my feelings \***

Completely Disagree  Completely Agree

**I had rapidly switching thoughts \***

Completely Disagree  Completely Agree

**I thought about the future \***

Completely Disagree  Completely Agree

**I thought about others \***

Completely Disagree  Completely Agree

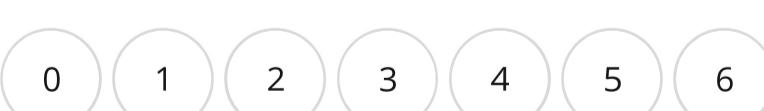
**I felt happy \***

Completely Disagree  Completely Agree

**I thought about myself \***

Completely Disagree  Completely Agree

**I thought about solving problems \***

Completely Disagree  Completely Agree

**I felt tired \***

Completely Disagree



Completely Agree

**I placed myself in other people's shoes \***

Completely Disagree



Completely Agree

**I had busy thoughts \***

Completely Disagree



Completely Agree

**I thought about my breathing \***

Completely Disagree



Completely Agree

**I felt relaxed \***

Completely Disagree



Completely Agree

**I had difficulty staying awake \***

Completely Disagree



Completely Agree

**I had difficulty holding onto my thoughts \***

Completely Disagree



Completely Agree