Stress Journal

Before you can deal with stress, you must learn to recognize

what causes it. Think about last week and list as many events

as you can remember that caused you stress. Use the chart

below to record the stressful events. Include all the

information that will help you determine if there is a pattern to

your stress. This journal will help you recognize what causes

the most stress in your life. Be sure to rate each event as

"high", "medium", or "low." Think of your reaction to the stress.

For example, Did your heart start to pound? or Did you feel

your temperature rise? Write your reaction in the space

provided. Now, think of some ways to relieve the stress so you

can keep your cool!

My reaction

Stress level (high, med, low)

Event ( who, what, where )

Time

Date