

STRESS JOURNAL TEMPLATE

Entry Date & Time

Stress Event Details

(including what it was, who was present, how you felt (you might include physical or emotional effects, like nervous, sweaty, breathless, angry, headache etc), where you were and when it happened)

How stressed did you feel at the time?

(0 - 10, where 0 is not at all, and 10 is maximum stress)

How stressed do you feel right now?

(0-10, where 0 is not at all relaxed/happy, and 10 is completely relaxed and super-happy.)

How effective were you when this event happened?

(0-10, where 0 is totally ineffective, performance level at rock bottom, and 10 is 100% on my game)

How effective are you being right now?

(0-10, where 0 is totally ineffective, performance level at rock bottom, and 10 is 100% on my game)

What did you do to try and navigate the situation, and how well did that work?

What was the fundamental cause of the stress (be honest here)?



JOURNAL ENTRY ANALYSIS

Based on today's journal entry, what different types of stress do you face in your life?

What does your journal entry for today tell you about how you deal with stress (and how effective that is)?

What opportunities exist to make changes to both the situations you encounter, and how you handle them?

Reviewing today's journal entry, what is the impact that stress has on you physically, mentally and emotionally?



JOURNAL REVIEW AND ACTION PLAN

Reviewing all your entries to date, what common themes exist in terms of people, places, or situations that trigger a negative stress response in you?

What themes are emerging in terms of actions you take to manage your stress that ARE effective?

What themes are emerging in terms of actions you take to manage your stress that ARE NOT effective?

In light of the emerging themes, what action do you need to/could you take to put yourself more in control of your stress and the situations/people/places that cause it?

