



My Stress Journal

Date/Time	Stressful Event/Situation	On a scale of 1-10, how much stress do/did you feel?	What symptoms and/or emotions did you experience?	How did you react or respond?	On a scale of 1-10, how effective was your reaction/response?	How could you respond differently?
Example 9/10 8 am	Issues with my computer and can't log on for scheduled meetings.	8	Anxious, frustrated, heart rate up, patience level low.	Yelled at family members, yelled at computer.	2	Try rebooting computer first, call Help Line if that doesn't work. Stay calm, take deep breaths and text coworker for backup notice.