

# My Stress Journal – Part 1 – Track Events



Using a stress journal takes only moments a day and can help you identify sources of stress, provide insight into how you react to common stressors, and allow you to develop better coping strategies. You don't need to write a lot, just a word or a line. It's best to write it down as it happens, or you may forget important details.

Date & time	Stressful event	Intensity of stress? (1 - 10)	What was the cause?	How did I react? How well did I manage the situation?	What did I learn that might help me in the future?	Appreciation prompt: "Today I'm thankful for..."

## My Stress Journal – Part 2 – Factors and Action Plans



After using your stress journal daily for a week or two, take some time to analyze the information. Build an action plan to control the factors that bring stress into your life on a consistent basis. Taking the time to look back over your week can help you find opportunities for growth.

Common stress factor	Action plan to address this factor