

# STRESS MANAGEMENT JOURNAL



A Little Place Called home

# Stress Management Journal

## Part 1: Identifying Stressors

List the sources of stress in your life:

- (e.g., work, family, finances, health, relationships, etc.)

Rate the level of stress associated with each source on a scale from 1 to 10 (1 = low stress, 10 = high stress):

## Part 2: Recognizing Stress Symptoms

What physical symptoms do you experience when you are stressed?

- (e.g., headaches, muscle tension, rapid heartbeat, etc.)

What emotional or psychological symptoms do you experience when stressed?

- (e.g., anxiety, irritability, mood swings, etc.)

## Part 3: Stress-Relief Techniques

List stress-relief techniques or activities that have helped you in the past:

- (e.g., exercise, meditation, deep breathing, spending time in nature, etc.)

Rate the effectiveness of each technique for managing stress on a scale from 1 to 5 (1 = not effective, 5 = very effective):

Describe how you plan to incorporate these stress-relief techniques into your daily or weekly routine:

#### Part 4: Daily Stress Journal

Each day, record stressors you encountered, your stress levels, and the stress-relief techniques you used:



Date



Stressors Encountered



Stress Levels (1-10)



Stress Relief Techniques Used

#### Part 5: Reflection and Improvement

At the end of each week, review your daily stress journal.

- Identify patterns, triggers, and changes in your stress levels.

What insights have you gained about your stressors and stress management strategies?

What adjustments or improvements do you plan to make in managing stress moving forward?

This Stress Management Journal provides a structured format for individuals to identify stressors, recognize stress symptoms, track stress-relief techniques, and reflect on their stress management journey.

It encourages self-awareness and the development of effective stress coping strategies.

