

WORKSHEET: YOUR INDIVIDUAL STRESS LOG

WHAT HAPPENED?
WHEN DID IT HAPPEN?
WHERE DID IT HAPPEN?
HOW HIGH WAS MY STRESS LEVEL, ON A SCALE OF ONE TO TEN? (1=NOT STRESSED, 5=MODERATELY STRESSED, 10=CLOSE TO A NERVOUS BREAKDOWN)
HOW DID I FEEL?
WHY DID THIS EVENT CAUSE ME STRESS?
WHAT DID I DO ABOUT IT?
WHAT WOULD I LIKE TO DO DIFFERENTLY NEXT TIME?