Stress Diary

Keeping a diary is the first step to taming the stress in your life. Jot down each time you feel stressed. Note the date and time in the first column and briefly describe the cause of the stress (stressor) in the second column. In the third column, write down what you were doing and where you were when the feeling hit. Next rate the degree of stress you felt, on a scale of 1 to 10, with 10 being the most stress imaginable. Briefly note in the last column how you felt and what — if anything — you did to ease the stress.

Date/Time	Stressor	Location/Activity	Severity from 1 to 10	How I Felt/What I Did

Copyright © 2006 Consumer Health Interactive