

Stress journal

Day of the week/date _____

How did you relax today? _____

STRESSOR	INTENSITY 1 = high; 5 = low	YOUR REACTION	HOW YOU COPED
	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤		