

Stress diary

	Time and place	Level of stress Scale 1-10	What was the stressor or stressful situation? What were you doing? Where were you? Who were you with?	How did you feel? Did you experience any physical sensations?	How did you respond to the stress?	How effective or positive was your response? Scale 1-10	Notes Could you have used some coping strategies? Is there a way of reducing or getting rid of this stress?
Day 1	8am Monday 1 July 2016	7	Train to work delayed for 30 minutes.	Angry, frustrated, worried about being late to work. Breathing heavily, dry mouth, heart beat faster, muscles tense.	Felt very uptight, had angry conversation with member of staff, rang work to explain, then tried to calm down and did some work in the waiting room.	5	Will try to feel more prepared for this happening. Will use breathing exercises if feel stressed. Will ask to work from home more often and plan to look for a job nearer home.
Day 2							

Day 3							
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SAMPLE

Stress diary 2/2

	Time and place	Level of stress Scale 1-10	What was the stressor or stressful situation? What were you doing? Where were you? Who were you with?	How did you feel? Did you experience any physical sensations?	How did you respond to the stress?	How effective or positive was your response? Scale 1-10	Notes How could you have coped better? Is there a way of reducing or getting rid of this stress?
Day 4							
Day 5							
Day 6							
Day 7							