

SAMPLE DAILY STRESS LOG

Daily Stress Log

Directions:

Record all activities from rising until bedtime. Note the time and location of each. Note the persons involved.

Then write in the appropriate reaction rating number for each activity.

Reaction Rating:

+2 very pleasant

+1 pleasant

0 neither pleasant nor unpleasant

-1 unpleasant

-2 very unpleasant

Date: (also list day of week)

| Time Period | Activity | Location | Restrictions | People | Rating |
|-------------|----------|----------|--------------|--------|--------|
|-------------|----------|----------|--------------|--------|--------|

Morning:

6:00 – 8:00

8:00 - 10:00

10:00 - 12:00

Afternoon:

12:00 – 2:00

2:00 – 4:00

4:00 – 6:00

Evening:

6:00 – 8:00

8:00 – 10:00

10:00 – 12:00

Reminders:

1. Fill in the stress log immediately after any stressful event or every two hours if no stressful event has happened.
2. Describe the activities that occurred. Be brief, but include enough information to enable you to remember the event.
3. Note the location of the activity.
4. Note all persons involved in the activity.
5. Briefly describe your physical/emotional responses.
6. Do the rating as soon as possible after the activity. If you wait until later to make the entries, the stress issues will be more unclear and the log will be less useful to you.
7. Make an appointment with yourself to do another stress log three months after you complete this course. This will enable you to see if your stress factors change. Look at stress triggers. Are they the same or have they changed? Are your reactions the same or do you now have different reactions to the stress? Are the people the same or have they changed?
8. You may find it helpful to do a stress log every three months for a year or two. Remember, you didn't develop the stress you now have in a month or two. It takes time to remedy the situation.

The next sections will discuss methods used to reduce the amount of stress a person experiences. The use of any or all of these is highly individual. Explore all of them as stress reducers and ways of improving your health.