Stress Management

# SAMPLE STRESS DIARY

Name: Nancy

Date: April 19, 2012

Circle One: S M T W Th F S

Is this a typical day? Yes \_\_\_\_\_ No \_\_\_\_\_

Review the sample diary form below for directions on completing the Stress Diary.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time of Day** | **Intensity of Stress (1-7)** | **Duration of Stress** | **Situation (circumstance, location, people)** | **Triggering Event (preceding event)** | **Emotional Behavioral Reaction (your feelings about the event)** |
| 9 AM | 4 | 30 min | Woke up too late and missed the first class. | I went to a fun party that lasted until 2:00 a.m. yesterday. | I got mad at my roommate that she didn’t call me for the class at 7:00. |
| 4PM | 7 | 1 hour | I couldn’t finish the assignment that was due by class today although I worked very hard all morning. It took longer to finish than I expected. | Set unrealistic time frame or the assignment | I was extremely nervous because of not being able to finish the assignment on time. |
| 6PM | 6 | All evening | I have too many assignments due by the end of this week. | I put off doing all of my assignments until the last minute and now need to finish all the assignments in one week under deadline pressure. | I worried about the assignments and kept muttering and complaining about having too many assignments. I feel pain in my neck and lower back every time I think about having so many assignments to do. |
| 8PM | 3 | 1 hour | The weather was too cold. | I didn’t wear enough clothes when I went out for a walk. | I was really cold and I was angry about the unexpected cold weather in this region. |

# STRESS DIARY

Name:

Date:

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Complete the Stress Diary below. Copy this form for additional space.

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| --- | --- | --- | --- | --- | --- |
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