

Stress Diary

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Developed by Wylld Woman Coaching

Finding Your Optimum Stress Levels:

We've never had so much stress in our lives than in society today. Research has proven that chronic stress is detrimental to our overall health and well-being, while a balanced level of stress is supposedly a great motivator. I'm not a big fan of stress because it tends to come at you from many angles – with sudden life changes, a death in the family, having to move, losing a job or just simply trying to keep up with the bills, get the kids to school, and so on. Stress is just not fun.

One of the first self-care habits you **MUST** do for dealing with stress is to get in the habit of noticing.

Take some time to create a stress diary and make an inventory of all the things that don't feel right in your life, that upset or bother you, that make you feel frustrated and stressed.

For example, you might feel uncomfortable going to certain places, or seeing certain people or dealing with particular situations. Perhaps you are in a high stress point of time in your life such as moving house or getting a divorce – write down all the aspects of those events that you are worried about, confused about, uncertain about, and so on.

This free personal development worksheet was designed to help you take a better look at what your stressors are at this time of your life.



Keeping a stress diary is an effective way of finding out what causes you stress, the level of stress you can handle and how you cope with stressors.

In your diary, write down your stress levels and how you feel throughout the day. In particular, notice “stressful” events. Record the following information:

At least 5 times a day write down:

- The time
- The amount of stress that you feel (on a scale of 1 to 10)
- The emotions you are experiencing
- How efficiently you think you are accomplishing things

When you are feeling “stressed”, write down:

- Briefly describe the situation.
- When and where did it occur?
- What important factors made the event stressful?
- Rate how stressful it was, on a scale of 1 to 10.
- How did you handle the event?
- Do you feel you handled the event well?
- Did you deal with the cause or the symptom?
- Overall, do you feel that you dealt with the stressor effectively?

Analysing the Diary:

After a few weeks, evaluate your information and notice where and when you feel the most stress. For instance, do you feel more stressed when you are rushing to work or when you forget to pick up the milk and bread? Do you feel highly stressed or frustrated when your expectations are not met? Do you feel more stress when you have too much work to do and not enough time? Write down your individual stress patterns with as much detail as you can.

1. Your thoughts when you feel stress. What were you thinking?
2. Where did that thought pattern come from?
3. Is it a normal thought pattern for you?
4. What would be the benefits for thinking differently?
5. What level of stress is comfortable for you? And what level is detrimental to your overall health and well-being.

It's important to keep a stress diary for 1-2 few weeks to pinpoint your stress and how you deal with it. Then you can work with the information to develop strategies to cope with or minimise stress in your life.

Long term chronic stress is detrimental to your overall health and well-being, but healthy levels of stress is an excellent motivator.

After you've completed analysing and reviewing your stress diary, fill in the boxes below with your symptoms of stress and stressors.

What are your symptoms of stress?

Physical Symptoms	Psychological or Emotional Symptoms
Beliefs and Attitudes that can cause you stress	Stressful Lifestyle Behaviours

What are your Stressors?

Stressful Life Events List

Work Stressors

Home/Relationship Stressors

Financial Stressors

Once you have your list in place, look at what you can change yourself, and do it. You can also use this list to predict stressful situations before they occur.

Here are some helpful hints to help reduce stress. Choose the ones that suit your stressors.

1. Relax for 10 minutes each day. When you get in the habit of doing relaxation exercises such as deep breathing you'll be able to do these when stressful situation occur. Also, when you deep breathe this tells your body to relax which is beneficial overall for health.
2. Activate gratitude. Every night before going to sleep write down 3 things that you're grateful for. Do this for 21 nights and you'll notice a reduction of your stress levels.
3. Sometimes you can't change the situation and instead you'll need some help. Get in the habit of asking for help to take the pressure off you.
4. Look for the Rainbow. When you're in the middle of stressful situation know that things will get better. Keep focused on reaching the positive outcome.
5. Be organised with where you put things and keep an organised workplace. Many times we add to our stress when we can't find things. If you declutter and organise your space you'll find you're naturally more at ease.
6. Laughter is a proven way to reduce stress. Did you know that you can laugh for no reason? People part of Laughter Yoga around the world get together for a laughter session for an hour – just to laugh. Choose to laugh for 10 minutes each day – laugh out loud – giggle or simply just laugh.