

Stress Diary

This *Stress Diary* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: www.PersonalDevelopmentInsights.com where you can download many more to help positively change your life.

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 house, 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, make you feel frustrated and stressed, things that worry you, and anything that doesn't give you positivity vibes.

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



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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?
- How did it make you feel?
- Where is the tension felt in your body?
- What important factors make the event stressful?
- Is this a *stress habit* from your family patterns?
- Rate how stressful it is, 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?
- Is this an event that could occur again?
- What self-talk strategies could you put in place to help you with reducing how the stress feels in your body?
- What stress relief strategies can you put in place to reduce your overall stress levels every day?

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. Soak up some PEACE and SERENITY for 10 minutes each day. Set up a hammock or choose your favourite chair –and RELAX.
2. BREATHE DEEPLY. 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. Right in the moment of the stressor happening. It's an awesome feeling that clears your mind instantly. Also, when you deep breathe this tells your body to relax which is beneficial overall for health.
3. 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 natural reduction of your stress levels.
4. DELEGATE. Sometimes you can't change the situation and instead you'll need some help to get the list of tasks done. Get in the habit of asking for help to take the pressure off you.
5. LOOK FOR THE RAINBOW. This is one I practice regularly. Even though you might be in the moment of chaos and confusion there's always a RAINBOW – something positive – on the other side. LOOK FOR IT. When you're in the middle of stressful situation know that things will get better. Keep focused on reaching the positive outcome.
6. 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.
7. LAUGHTER is a proven way to reduce stress. Did you know that you can laugh for no reason? Laughter Yoga groups gather together around the world and laugh for a whole hour. I actually became a certified Laughter Yoga Leader and it has become an amazing aspect of my life. Choose to laugh for 10 minutes each day – laugh out loud – giggle or simply just laugh.