

My stress diary

Keep track of all your stressful situations and note down your corresponding feelings, thoughts, and reactions

Date	Stressor	Stress level	What did I feel?	What did I think?	What did I do

Note: Make sure you distinguish well between your feelings, thoughts and reactions!

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Evaluation: Identify your most relevant stressors, common themes and recurring patterns by going through (at least a week's worth of) your stress triggers. The following questions may help in recognizing your key stressors:

- What are the most common stress triggers? (e.g. time pressure, certain types of tasks, certain channels, locations, etc.)
- Who is involved in your stressful situations – is it always the same people? What exactly are they doing to stress you?
- What other similarities can you find across the situations? A certain day, time, the way you learn about the stressor, etc.
- Are there certain patterns in your feelings or thinking? (the mood you're in, your first emotional reaction, a certain thought, etc.)
- What is your typical stress behavior? What do you tend to always do at first?