

Handout 1.9: Stress Journal

Date(s): _____

1. Stressful event(s)

2. Emotional responses

3. Degree of negative stress LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Degree of positive stress LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Unhealthy and healthy thoughts

6. Unhealthy and healthy reactions

7. What have I learned from my stress logs?

8. Relaxation and mindfulness skills I have practiced

9. Metaphors and visualizations I have used

10. Examples of both positive and negative stress
