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COACHING

SUCCESS without *STRESS*



*Stress Diary*

# Stress Diary



For one week, record your moments of stress in the tables over the following pages - one page per day. At the end of the week, record whatever conclusions occur from reviewing your diary.

The categories for the diary are as follows:

- Time** Time of day the stress occurs.
- Stressor** The event or occurrence that causes the stress. Is it in your control or not?
- Score** A score out of 10 for how severe the stress is (0 being not stressful at all, 10 being the most stressed you can feel)
- Reaction** Describe your reaction to the stressor - how does the stress manifest itself? Is it physical/ emotional/ mental?
- Response** What do you do as a result of feeling stressed? What action do you take? Does it make things better?

# Stress Diary



Day 1:

Time	Stressor	Score	Reaction	Response

# Stress Diary



Day 2:

Time	Stressor	Score	Reaction	Response

# Stress Diary



Day 3:

Time	Stressor	Score	Reaction	Response

# Stress Diary



Day 4:

Time	Stressor	Score	Reaction	Response

# Stress Diary



Day 5:

Time	Stressor	Score	Reaction	Response

# Stress Diary



Day 6:

Time	Stressor	Score	Reaction	Response



# Stress Diary



Day 7:

Time	Stressor	Score	Reaction	Response

# Stress Diary



What are your stress “triggers”? What can you do to pre-empt them, or respond better to them?

Well done! You've completed your Stress Diary!