**STRESS JOURNAL**

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| --- | --- | --- | --- | --- |
|  | Stressor | How did you feel (physically and emotionally)? | How did you act in response? | What did you do to help yourself feel better? |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| 7. |  |  |  |  |
| 8. |  |  |  |  |