

# Stress Diary

## Finding Your Optimum Stress Levels

This *Stress Diary* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: [www.WyldWomanCoaching.com](http://www.WyldWomanCoaching.com) where you can download more worksheets to help positively change your life.

One of the first self-care habits you MUST do for dealing with stress is to get in the habit of noticing. Download this **Free Personal Development Worksheet** to guide you through the steps in becoming more aware of your stress with a **stress diary**.

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, 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.

Stress occurs for a variety of reasons but in particular it varies according to how you respond to situations. Once you become more aware of your stressors and personal stress levels you can start to put into place strategies for optimal stress levels for successful living.

Stress management is of utmost importance for health and well-being.

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, that make you feel frustrated and stressed. Use this knowledge for stress management.

### Stress Diary

Keeping a stress diary is an effective way of finding out what causes you stress, the level of stress you can handle and how you cope with stressors. Grab a notebook or diary that is small enough to travel with you everywhere, but large enough to easily write your thoughts. This is an exercise in self-awareness and should be considered seriously so the book you choose to observe your stressors should be allocated just for that. Keep a stress diary going for about 2 weeks to ensure you've gathered plenty of information about your usual patterns with stress.

**Stress Diary**

Free Personal Development Worksheet

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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 (on the hour - the same every day) write down:

- What’s the time?
- The amount of stress that you feel (on a scale of 1 to 10).
- What emotions are you experiencing in particular? Worry? Fear? Anxiety?
- How does your body feel in this moment?
- What are your habitual thought patterns today?
- 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?
- Rate how stressful it was, on a scale of 1 to 10.
- Can you remember the thoughts that triggered this stress?
- How does your body feel during this stressful moment?
- Why is this situation stressful to you?
- Did you put any strategies in place to reduce the stress? If so, which ones?
- Overall, do you feel that you dealt with the stressor effectively?

Write down as much detail as you can in your stress diary. Try to think outside the box for different ideas and ways to look at and work with the situation and the stress.

## **Analysing the Diary:**

After a few weeks take some time to analyse the diary. It’s important to review the diary from an objective viewpoint. This is JUST A PATTERN you’re looking at. It has no relevance to who you are. You’ve learned this pattern from social constructs – from family patterns or past experience. Patterns are just patterns. They can be changed once noticed.

So, as you analyse the diary make sure you have in mind that you’re just investigating patterns. Notice particularly the TYPE OF STRESSOR that triggers you the most. This is the KEY. Next, notice how you habitually work with this stressor. Do you ruminate about the problem escalating the situation? Do you clench your jaw and tighten your shoulders? Do you go into a state of panic so much that you can’t think see the truth for what it is? There are many ways of working with stress – what’s your usual habit?

**The important points to pull of your diary are:**

- The stressors that trigger you into feeling stress. What makes you feel stress?
- What are the thought patterns behind the stressful feeling.
- If there is a particular situation or event that keeps creating stress for you?
- How are your stressful patterns similar to your family's patterns?
- What strategies do you use to reduce stress?
- What strategies do you use to walk away from a negative situation?
- How does your body feel when you're stressed?
- What beliefs make you feel stuck and cause stress?
- Do you have any behaviours that increase stress?

It's important to keep a stress diary for a couple of weeks to pinpoint your stress and how you deal with it. Then you can work with the information to develop strategies to cope with or minimise stress in your life.

After you've completed analysing and reviewing your stress diary, fill in the boxes below with your symptoms of stress and stressors.

## What are your symptoms of stress?

<b>Physical Symptoms</b>	<b>Psychological or Emotional Symptoms</b>
<b>Beliefs and Attitudes that can cause you stress</b>	<b>Stressful Lifestyle Behaviours</b>

# What are your stressors?

<b>Stressful Life Events List</b>	<b>Work Stressors</b>
<b>Home/Relationship Stressors</b>	<b>Financial Stressors</b>

**Anything else?**