

STRESS DIARY

Date	Stressful Incident	Physical Symptoms	Stress Level 1-10	What Happened?	What Coping Strategy Did You Use?	Useful 1-10	Other Strategies You Could Use: Nr. Examples
MON							<ol style="list-style-type: none"> 1. bike, 2. swim, 3. walk, 4. run, 5. weights, 6. relaxation, 7. reading, 8. music, 9. hobby, 10. social activity, 11. friends, 12. plan My Week 13. plan time out 14. plan a break 15. cut down work 16. eat healthily 17. improve sleep 18. lower expectation 19. happiness work 20. enjoy nature 21. movies/tv 22. going out
TUES							
WED							
THUS							
FRI							
SAT							
SUN							