

### TASK PERFORMANCE My Stress Journal

One of the ways to deal with any overwhelming emotion is to find a healthy way to express yourself. This makes a journal a helpful tool in managing your mental health. Journaling can help you manage anxiety, reduce stress, and cope with depression.

**Instructions:** Use the template below for your stress journal. The template will give you clear examples of when and why stress might occur and tips on how to begin to manage it. The journal will be a daily diary and will span four weeks. Feel free to add additional rows if needed. Use the given example for reference.

Date and Time	Intensity of Stress (1-7)	Situation (circumstance, location, people)	Triggering event (preceding event)	Emotional Behavioral Reaction (your feelings about the event)	How Did You Handle the event?	Was it handled well? Moving forward what are they going to do?
9/15/22 9:00 am	4	I woke up too late and missed the first class	I was playing online games until 2:00 am. yesterday	I got mad at my mother for not waking me up.	I texted my mother at school to apologize for what I had done.  I chose not to stay up late.	I handled it well because I immediately accepted that it was really my mistake. And promise that I will never do it again.
