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. |
| 10/10/23  10:00 am | 7 | I go In Lagang to  Spinner But I Won’t. | I was assignment at that time in contemporary world and introduction of computing. | I got all negativity emotion of my father because I don’t want to perform in spinner in lagang. | I try not to remember  the past. | Not actually because  I convince him in advanced that I will not  to spinner again,  But it happened. |
| 8/9/22  6:20pm | 6 | I don't want to go to Magcagong. | I want to watch YouTube on my phone in the bedroom at that time. | I got mad at my mother, father and my elder sister. | I try not to remember  the past. | Not handled well  But its all okay now. |
| 10/11/22  10:30am | 5 | I woke up late  and I am scolded  my mother because  I cannot washed dishes  and cocked in the afternoon. | I was playing mobile legends  with my friends until  6:00 pm to 4:00 am | I got irate with my mother  Because I was scolded with at that time. | I try not to listen with  my mother for scolded  me at that time. | I handle well because I trick my mother well  and she laugh at me. |