

Stress diary template

Describe the event that caused you to experience stress. What exactly triggered your stress response?	What emotions did you experience? Try to be precise. Identify the level of your stress from 1 to 10.	What did you do to overcome your stress? Do you evaluate you own behavior / thinking as productive?	Did the stress you experienced have a positive effect on you? How can it help you to grow and improve?	What supportive action will you take if a similar situation occurs in the future?