

NAME: _____

DATE: _____

Activity: Stress Diary

Objective: Understand personal stressors and responses by keeping a stress diary for one week.

Instructions:

1. Identify Stressors:

- Write down every event or situation that causes you stress each day.
- Be specific about what happened and why it was stressful.

2. Note Physical Responses:

- Record any physical reactions you have to the stressors (e.g., headache, increased heart rate, muscle tension).

3. Note Emotional Responses:

- Write down your emotional reactions to each stressful event (e.g., anxiety, frustration, sadness).

4. Identify Coping Mechanisms:

- Document any coping strategies you used in response to the stress (e.g., deep breathing, talking to a friend, physical exercise).

5. Reflect:

- At the end of the week, review your diary and reflect on patterns or insights you notice.
- Consider the effectiveness of your coping mechanisms and identify areas for improvement.

Follow-Up Discussion:

- Share your findings with a small group and discuss different stressors and coping strategies.
- Reflect on how cultural factors might influence stress and coping in your own life.

Upload the Results to this Link:

https://drive.google.com/drive/folders/1vg5LWXnsE_0M7sFqds_kY9dUeeCXC7s0?usp=sharing