



Stress Log

Everyone deals with stress sometimes – from little things like missing the bus or having an argument with a friend, to big things like dealing with divorce or a sick family member. Write down a couple of stressful situations that come up each week, how you dealt with them and how you felt afterward. Are there some things you might have handled differently?

Week 1	Stressful situation		
	How I dealt with it		
	How I felt afterward		
Week 2	Stressful situation		
	How I dealt with it		
	How I felt afterward		
Week 3	Stressful situation		
	How I dealt with it		
	How I felt afterward		
Week 4	Stressful situation		
	How I dealt with it		
	How I felt afterward		