

Stress Relief Journal

DAILY STRESSORS: What events, people or situations caused you stress today? What specifically made it stressful? Is this a one-time event or an ongoing stressor? _____

YOUR REACTION: What was your reaction, both physically and emotionally? How did you handle the stress? Did your reaction help the situation or make it worse? _____

FUTURE COPING STRATEGIES: How could you better manage these stressful situations in the future? What steps can you take to help prevent unproductive reactions? What steps can you take to better prepare yourself? _____

REFLECTIONS: What can you learn from this stressful situation? How can you turn that lesson into something positive? _____

POSITIVE MINDSET: Now reflect back on your day and record those interactions or situations that you handled well. What made you smile? How did you help someone else? What gave you a sense of accomplishment or fulfillment? _____

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