

Diary to monitor stress levels

Often we think we are stressed all the time. But how do we know if this is really the case? Could it be that we only think about how stressed we are when we are stressed, and don't notice all the time when we are less stressed, or even relaxed?

Use this diary to record your level of stress over a week. Note down your stress level several times each day – perhaps every hour or two throughout the day. You might find it helpful to set an alarm to remind yourself to check your stress level.

It might also be helpful to make some notes on what you are doing at the time, what you were thinking, who you were with etc. This will highlight patterns in your stress – e.g, is it higher in the morning, when at home, when alone, when in meetings...? It will also show patterns in any relaxed times. This will give focus to your interventions –addressing physical tension, evaluating thinking or facing-up to difficult situations.

| Day/date & time | Stress rating (0-10) 0 = completely relaxed 10 = extremely stressed | Notes |
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