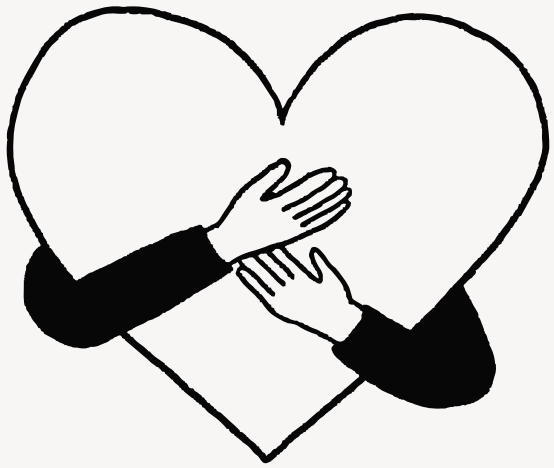
12 Days of Stress Management
From Healthy Workplace

GUIDE

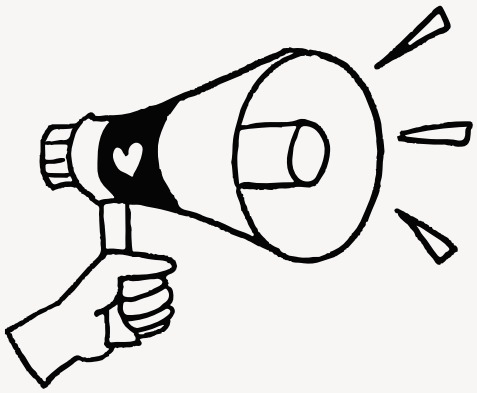
Stress Journal



Prolonged stress can negatively affect both physical and mental health. That's why it's important to find effective coping strategies, like stress journaling.

What is Stress Journaling?

The practice of regularly writing down your thoughts and emotions. It serves as a record of stressors and can help to identify the patterns and root causes behind chronic stress.



How to Keep a Stress Journal

01. Tracking

Track daily for 2 weeks. Take 5-10 minutes at the end of each day to write about;

Stressors- specific situations or interactions that caused stress.

Time and context- when each stressor occured, where you were, who was involved?

Physical Symptoms- how did the stress appear in your body?

Emotional Response- what emotions accompanied the stressor?

Intensity Raiting- rate each stressor out of 10.

Response-How did you cope? Was it effective?

02. Reviewing

Review the 2 weeks as a whole. Which stressors appear most often? Which have the highest intensity? Are stressors associated with a time of day or location?



03. Sorting

Group your stressors into the following 3 categories and manage them accordingly!

1. **Changeable**
   Stressors that can be eliminated or reduced. Identify steps to tackle them.

2. **Controllable**
   Stressors that can't be eliminiated but can be responded to differently. Develope coping strategies to manage them.

3. **Uncontrollable**
   Stressors entirely beyond your influence. Practice acceptance based coping strategies.