





# Stress Diary

## Stress Diary

Identify dates and times over each week to see if there is a pattern when you are feeling under pressure which is causing signs and symptoms of stress. At the end of each week, add your totals up and make action notes of any areas you should take some action. Record all your feelings just like a journal of how you feel at that particular time. Complete the six weeks and then go to the activity at the back of the diary.

There is one example. In the middle column, indicate how you feel:-

	Stressed
	Under some pressure
	Feeling better/improvement

Monday	
Stressor and Reaction	Me
My boss, tension in shoulders, neck.	

Monday		
Time	Stressor and Reaction	Me

Tuesday		
Time	Stressor and Reaction	Me




Wednesday		
Time	Stressor and Reaction	Me

Friday		
Time	Stressor and Reaction	Me

Thursday		
Time	Stressor and Reaction	Me

Saturday/Sunday		
Time	Stressor and Reaction	Me

At end of week total number:

Action Notes:

Monday		
Time	Stressor and Reaction	Me

Tuesday		
Time	Stressor and Reaction	Me




Wednesday		
Time	Stressor and Reaction	Me

Friday		
Time	Stressor and Reaction	Me

Thursday		
Time	Stressor and Reaction	Me

Saturday/Sunday		
Time	Stressor and Reaction	Me

At end of week total number:

Action Notes:

Monday		
Time	Stressor and Reaction	Me

Tuesday		
Time	Stressor and Reaction	Me




Wednesday		
Time	Stressor and Reaction	Me

Friday		
Time	Stressor and Reaction	Me

Thursday		
Time	Stressor and Reaction	Me

Saturday/Sunday		
Time	Stressor and Reaction	Me

At end of week total number:

Action Notes:

Monday		
Time	Stressor and Reaction	Me

Tuesday		
Time	Stressor and Reaction	Me






Wednesday		
Time	Stressor and Reaction	Me

Friday		
Time	Stressor and Reaction	Me

Thursday		
Time	Stressor and Reaction	Me

Saturday/Sunday		
Time	Stressor and Reaction	Me

At end of week total number:

Action Notes:

Monday		
Time	Stressor and Reaction	Me

Tuesday		
Time	Stressor and Reaction	Me




Wednesday		
Time	Stressor and Reaction	Me

Friday		
Time	Stressor and Reaction	Me

Thursday		
Time	Stressor and Reaction	Me

Saturday/Sunday		
Time	Stressor and Reaction	Me

At end of week total number:

Action Notes:

Monday		
Time	Stressor and Reaction	Me

Tuesday		
Time	Stressor and Reaction	Me




Wednesday		
Time	Stressor and Reaction	Me

Friday		
Time	Stressor and Reaction	Me

Thursday		
Time	Stressor and Reaction	Me

Saturday/Sunday		
Time	Stressor and Reaction	Me

**At end of week total number:**

**Action Notes:**

Complete the Stress Diary and then identify changes you will make in your life.

Example: Scenario.

1. Look for another job in a different department or area.
2. Speak to X and let him/her know exactly how you feel; they may be completely unaware of their reaction as they could be starting to show signs of stress in their behaviour and becoming more aggressive.
3. Have a word with your line manager.
4. Discuss with a colleague.
5. Do nothing.
6. Ignore X.

YOU have more power to change around you.

**Activity** – Make a list of priorities and put them in order of importance

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### Turning negative into positives.

<b>Negative</b>	<b>Positive</b>
I can't do this properly	I can try and see how I get on
I am always late	I will be more organised and try to arrive on time
My boss doesn't like me	My boss is busy and is the same with all staff including me
I could never ask to change my shift	Ask and give a reason why you would like a change. Maybe a colleague will change for you this time and you can say that you will reciprocate it on another occasion.
I can't speak to someone who is making me feel stressed.	I can say I like working with them and they may react different to me.