

My Stress Journal

Is this stressor a:

- must do
- should do
- should not do

Today's Date: _____

What caused me to feel stressed? _____

Is this stressor eustress (good stress) or distress (bad stress)? _____

How I felt physically: _____

How I felt emotionally: _____

How I reacted to this stressor: _____

Was this reaction healthy or unhealthy? _____

Why? _____

What I did to cope/make me feel better? _____

Was this healthy or unhealthy? _____

Why? _____

Next time I experience this stressor, I will _____

Write a Bible verse that pertains to this stressor: _____

For this stressor I can:

- change the circumstance
- change the environment
- eliminate the stressor