

Stress Journal Template

Date: _____

Time: _____

1. Situation / Trigger

(What happened? Where were you? Who was involved?)

2. Thoughts and Feelings

(What did you think at the time? How did you feel emotionally and physically?)

3. Stress Level

(On a scale of 1–10, how stressed did you feel?)

1 2 3 4 5 6 7 8 9 10

4. How It Affected Me

(Did it affect your concentration, mood, body, or behaviour?)

5. Coping Strategies Used

(What did you do to manage the stress? E.g., deep breathing, walking, talking to someone.)

6. Reflection

(What could I try next time? What did I learn about myself?)

Tip: Using this journal daily or after stressful events can help you notice patterns and discover the coping tools that work best for you.