

Journaling: What You Don't Know Can Hurt You

In his book, *The 14-Day Stress Cure*, Mort Orman, MD makes the point that we get confused by the term stress. Dr. Orman thinks it is kind of a vague, all-inclusive term that makes stress seem like it's impossible to solve.

"You see, 'stress' is just a word we use to stand for hundreds of specific problems in our lives," Orman explains. "Stress itself is never our problem. It's just a 'buzzword' or a code word for lots of other things that trouble us. But when we lump our problems together and call them 'stress,' we forget what we really want is relief from very specific things – like getting angry, feeling frustrated, having bad relationships or dealing with all sorts of other day-to-day problems."

Dr. Orman makes a very good point. The word 'stress' generalizes our problems to the point where we don't really have to face each problem individually and figure out how to solve each and every one. A good way to break through this smokescreen and get to the root of your stress is to keep a journal (or a log) of anything that bothers you for at least a week, preferably two. Don't try to decide what's stressful, just make a note of anything that bothers you. For more instructions on how to keep a journal of your stress see the box below.



TASK TIME: 5 MINUTES

Exercise: Today you are going to go to **MyStressTools**, and try the journaling feature. Use the box that is provided to record anything that's happened to you today that was in any way stressful, annoying, unpleasant or frustrating. Make separate entries for each stressful event. You don't have to write much, just a short phrase like "got stuck in traffic on the way to work," or "Got into an argument with my spouse," will do. The journaling feature will help you store, track and rank all your stressful moments for as long as you like. Try spending five minutes at the end of each day for a week or two keeping track of your stress.

Daily Stress Journal ---> [Write an entry today!](#)