Before you engage with this stress diary template, I recommend you to read my blog about Stress management - how to regulate our nervous system. Then try the template to start your own stress diary and learn about your strategies and improve them as you see benefit.

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| **Source of stress** (see point 2) | | **My response to the stressor** (see point 1) | | | | **Stress management strategies** (see point 3) | | |
| **Stressor present in a situation** | **Date & time** | **Bodily sensations I noticed** | **Thoughts came into my mind** | **Emotions I felt** | **Behaviours, what I said or did.** | **Stress management strategy I used** | **Evaluation of my technique (1 not successful -5 very successful)** | **Something else I’d try next time** |
| My colleague was giving out to me.  Example | 28 Sept, 16.15 | Sudden drop of energy. Stomach sunk. Breath held back. | “It is unfair….Why are they criticizing me?” | Defensive, then disappointed. | Passive and hesitant in my reply as I was taken back by the attack. | Nothing in the situation;  I took a 5-minute break after this conversation and made a tea. | 1 - to be improved in situ;  5 - it was helpful that I took the break after. | Cognitive reframing – it is not a personal attack.  Remember to keep breathing regulated. |
| Working towards a tight deadline, feeling overwhelmed.  Example | 29 Sept  19.30 | Tension in the neck and shoulder muscles. Pressure in the forehead. Noticed that I was holding my breath and pressed my jaws. | I’m not able to do this is, there is not enough time. | Irritable, impatient, anxious | Kept working, skipping bio breaks without food or drink. My efficiency dropped. | When I noticed the tension in my body I acknowledged that I felt suffocated. I took a short break, I stepped outside to the fresh air and took a few deep breaths. I also ate and drank. | 3 – it was helpful to take the break as the tension reduced and I was more efficient after. Next time I try to notice the tension earlier, before it builds up that much. | Create strategy around how to prevent this situation. Maybe say ‘no’ or plan better? |
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