

Stress Recovery & Coping Log



Use this log to track daily stressors and how you responded. Over time, this can help you identify triggers and the coping strategies that work best for you.

Date	Stress Level (1-10)	Main Stressor or Trigger	Physical/Emotional Response	Coping Strategy Used	How Effective? (1-5)	Reflection / Notes

Tips:

- Track both big and small stressors — they all count.
- Physical responses may include headache, fatigue, GI changes, tension, etc.
- Try noting how different strategies (breathing, walking, journaling) helped or didn't.