

Stress Diary

When Date & Time	Where Place	Levels of Stress Rate 0 – 10	What Was The Stressor? What was I doing, where, who with, how long for?	How Did You Feel? Did you feel any physical sensation?	Alternative, More Helpful Thought & Response Is there another way of looking at this? What would be more helpful – for me and for the situation?	How Did You Respond To The Stress? Did you use any specific coping strategies?	How Effective or Positive Was Your Response ? Rate 0 – 10	Notes How could you have coped better? Is there a way of reducing or getting rid of this stress?

Disclaimer: This is for educational purposes only and not a substitute for professional medical advice. Always consult a qualified healthcare professional.

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Stress Scale

- **0** - no stress (enjoy the peace! Keep doing what's working for you) 😊
- **1-3** - low stress (totally manageable. Take a deep breath and carry on) 😊
- **4-5** - moderate stress (it's okay to take a break or ask for support. Find ways to relax and reset) 😐
- **6-7** - high stress (take time to step back and recharge. Focus on self-care or talk to someone) 😞
- **8-9** - very high stress (stop and take a break. Reach out for help) 😫
- **10** - extremely high stress (it's okay to seek immediate support) 😭

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