



KIRSTEN GOODWIN
COACHING

SUCCESS without *STRESS*



Stress Diary

Stress Diary



For one week, record your moments of stress in the tables over the following pages - one page per day. At the end of the week, record whatever conclusions occur from reviewing your diary.

The categories for the diary are as follows:

Time	Time of day the stress occurs.
Stressor	The event or occurrence that causes the stress. Is it in your control or not?
Score	A score out of 10 for how severe the stress is (0 being not stressful at all, 10 being the most stressed you can feel)
Reaction	Describe your reaction to the stressor - how does the stress manifest itself? Is it physical/ emotional/ mental?
Response	What do you do as a result of feeling stressed? What action do you take? Does it make things better?

Stress Diary



Day 1:

Time	Stressor	Score	Reaction	Response

Stress Diary



Day 2:

Time	Stressor	Score	Reaction	Response

Stress Diary



Day 3:

Time	Stressor	Score	Reaction	Response

Stress Diary



Day 4:

Time	Stressor	Score	Reaction	Response

Stress Diary



Day 5:

Time	Stressor	Score	Reaction	Response

Stress Diary



Day 6:

Time	Stressor	Score	Reaction	Response

Stress Diary



Day 7:

Time	Stressor	Score	Reaction	Response

Stress Diary



At the end of the week, look back at your Stress Diary and record your observations and conclusions here. For example:

- What people or situations make you most stressed?
- How does your stress manifest itself?
- What can you do to manage your stress better?

Would you love to know about how you can manage your stress better?
And learn some some easy and effective tools to calm you in the moment,
plus build your resilience to stress long-term?

Visit www.kirstengoodwin.co.uk and click on the homepage link to find out more
about my new "Success Without Stress" course.