

Weekly Stress Journal

How to Use This Journal:

- Fill out the sections each day, focusing on your mental, emotional, and physical state.
- At the end of the week, reflect on patterns and any changes you've noticed.

Day of the Week: (Circle one)

- Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Stress Level Rating (1-10):

- How stressed are you today?

Stress Level: ___ / 10

How Are You Feeling?

- Mental & Emotional State:
 - Anxious
 - Irritable
 - Overwhelmed
 - Calm
 - Focused
 - Other: _____
- Physical Symptoms:
 - Tension (neck/shoulders)
 - Headache
 - Trouble sleeping
 - Fatigue
 - Stomach issues
 - Other: _____

Stress Trigger(s):

- What was the main trigger today?

Coping Strategies:

- How did you handle today's stress?
 - Deep breathing
 - Physical activity (walk, yoga, etc.)
 - Talking to someone
 - Took a break
 - Ate comfort food
 - Other: _____

Reflection:

- What worked? What helped you feel better?

- What could you do differently next time?

Weekly Reflection:

- Patterns noticed: (What common triggers or symptoms appeared this week?)

- Coping strategies that worked well:

- Plans for next week: (How can you approach stress differently?)
