

**SAMPLE STRESS DIARY**

Name Nancy  
 Date April 26, 2004

Is this a typical day? Yes X No \_\_\_\_\_  
 More \_\_\_\_\_ Less \_\_\_\_\_

Circle One: S M T W Th F S

**Review the sample diary form below for directions on completing the Stress Diary.**

<b>Time of Day</b>	<b>Intensity of Stress (1-7)</b>	<b>Duration of Stress</b>	<b>Situation (circumstance, location, people)</b>	<b>Triggering Event (preceding event)</b>	<b>Emotional Behavioral Reaction (your feelings about the event)</b>
9:00am	4	30 min	Woke up too late and missed the first class.	I went to a fun party that lasted until 2:00 a.m. yesterday.	I got mad at my roommate that she didn't call me for the class at 7:00.
4:00pm	7	1 hour	I couldn't finish the assignment that was due by class today although I worked very hard all morning. It took longer to finish than I expected.	Set unrealistic time frame for the assignment	I was extremely nervous because of not being able to finish the assignment on time.
6:00pm	6	All evening	I have too many assignments due by the end of this week.	I put off doing all of my assignments until the last minute and now need to finish all the assignments in one week under deadline pressure.	I worried about the assignments and kept muttering and complaining about having too many assignments. I feel pain in my neck and lower back every time I think about having so many assignments to do.
8:00pm	3	1 hour	The weather was too cold.	I didn't wear enough clothes when I went out for a walk.	It was really cold and I was angry about the unexpected cold weather in this region.

## STRESS DIARY

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 Date \_\_\_\_\_

Is this a typical day? Yes \_\_\_\_ No \_\_\_\_  
 More \_\_\_\_ Less \_\_\_\_

Circle One S M T W Th F S

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Complete the Stress Diary below. Copy this form for additional space.

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Time of Day	Intensity of Stress (1-7)	Duration of Stress	Situation (circumstance, location, people)	Triggering Event (preceding event)	Emotional Behavioral Reaction (your feelings about the event)