📝 FREE WORKSHEET

STRESS JOURNAL WORKSHEET

Identify your triggers. Find your patterns. Take back control.

The first step to managing stress is understanding it. This worksheet helps you track stressful moments, identify patterns, and develop targeted strategies for staying calm under pressure.

How to use: Each time you feel stressed, complete the 7 questions. After 2 weeks, review your entries to spot your biggest triggers and most effective responses.

📋 The 7 Stress Journal Questions

1   **What situation caused me stress today?**

2   **What time did it happen and who was involved?**

3   **How did my body react? (tension, heart rate, sweating)**

4   **What thoughts went through my mind?**

5   **On a scale of 1-10, how stressed did I feel?**

6   **How did I respond—was it helpful or unhelpful?**

7   **What could I do differently next time?**

💡 **Pro Tip:** You can also use AI (ChatGPT, Claude) as a journal partner. Say: *"Ask me the 7 stress journal questions one at a time, wait for my response, then help me identify patterns."*

📝 Daily Stress Entry

Date: _____ Time: _____

1 **What situation caused me stress?**

2 **Who was involved?**

3 **How did my body react?**

4 **What thoughts went through my mind?**

5 **Stress level (circle one):** (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

6 **How did I respond?**

☐ Helpful ☐ Unhelpful ☐ Mixed

7 **What could I do differently next time?**

> 🧘 **Quick Reset:** Try 4-7-8 breathing: Inhale 4 sec → Hold 7 sec → Exhale 8 sec. Repeat 3x.

📊 2-Week Stress Tracker

Quick daily log to spot patterns over time

Day	Trigger (brief)	Level	Response	Lesson
1		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
2		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
3		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
4		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
5		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
6		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
7		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
8		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
9		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
10		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
11		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
12		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
13		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		
14		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩		

🔍 After 2 Weeks: Spot Your Patterns

My #1 stress trigger is:

My most common physical reaction:

What helps me most:

One thing I'll do differently: