

Feel Great Wellbeing
Stress Diary




Stress Diary



Aim to complete the Stress Diary and then identify what changes you will make in your life.

Identify dates and times over one week to see if there is a pattern when you are feeling under pressure and what is causing signs and symptoms of stress.




There is one example. 😊

In the middle column, indicate how you feel: -

	Stressed
	Under some pressure
	Feeling better/improvement




Monday			Tuesday		
Time	Stressor	Me	Time	Stressor	Me
9am	My boss - tension headache		0800	No support - tearful, angry	
Wednesday			Thursday		
Time	Stressor	Me	Time	Stressor	Me
Friday			Saturday/Sunday		
Time	Stressor	Me	Time	Stressor	Me

At end of week total number:

Monday			Tuesday		
Time	Stressor	Me	Time	Stressor	Me
Wednesday			Thursday		
Time	Stressor	Me	Time	Stressor	Me
Friday			Saturday/Sunday		
Time	Stressor	Me	Time	Stressor	Me

At end of week total number:

Complete the Stress Diary and then identify what changes you will make in your life.
Example: Scenario.

1. Look for another job in a different department or area.
2. Speak to X and let him/her know exactly how you feel; they may be completely unaware of their reaction as they could be starting to show signs of stress in their behaviour and becoming more aggressive.
3. Have a word with your line manager.
4. Discuss with a colleague.
5. Do nothing.
6. Ignore X.

YOU have more power to change around you.

Activity - Make a list of priorities and put them in order of importance

- 1.
- 2.
- 3.
- 4.
- 5.

Notes: