

Feel Great Wellbeing Stress Diary

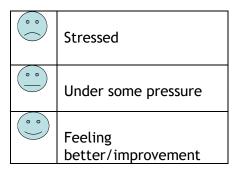
Stress Diary

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. \bigcirc

In the middle column, indicate how you feel: -



| Monday | | | Tuesday | | |
|---------|----------------------------|---------|---------|-----------------------------|----------|
| Time | Stressor | Me | Time | Stressor | Me |
| 9am | My boss - tension headache | (0 0) | 0800 | No support - tearful, angry | (0 0) |
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| Wednesd | ay | | Thursd | ay | |
| Time | Stressor | Ме | Time | Stressor | Ме |
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| Friday | | | Saturda | | |
| Time | Stressor | Me | Time | Stressor | Me |
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At end of week total number:

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| Monday | | | Tuesda | | |
|--------|----------|----|---------|-----------|----|
| Time | Stressor | Me | Time | Stressor | Me |
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| Wednes | | | Thursd | ay | |
| Time | Stressor | Me | Time | Stressor | Me |
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| Friday | | | Saturda | ay/Sunday | |
| Time | Stressor | Me | Time | Stressor | Me |
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At end of week total number:

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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.

| YO | U | have | more | power | to | change | around | you. |
|----|---|------|------|-------|----|--------|--------|------|
|----|---|------|------|-------|----|--------|--------|------|

| Activity | - Make a list of priorities and put them in order of importance |
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| 1. | |
| 2. | |

4.

3.

5.

Notes: