



Stress Diary

Stress diaries can be important for understanding the causes of short term stress and they give an important insight into how you react to certain stressful situations. As well as helping you capture and analyse the most common sources of stress in your life, a stress diary can help you to understand stress levels and triggers, plus how to develop coping mechanisms. Below is a Stress Diary example.

Date/Time	Situation (circumstance, location, people)	Cause of event	Emotional response	Stress score	What can you do to reduce your stress level?
Friday 9am	An important management report I need to do won't be completed on time	Failure to prioritise my time effectively	Worry and panic about the repercussions	9/10	Ensure next time I prioritise tasks by importance and urgency