

Stress Diary

- For information about stress diaries, visit www.mindtools.com/rs/StressDiary.
- For tips about reducing stress, visit www.mindtools.com/smpage.html.

Date and Time	Most recent stressful event experienced	How happy do you feel now? (Scale -10 to 10)	Your current mood	How effectively are you working now? (0-10)	Fundamental cause of the event	How stressed do you feel now? (0-10)	Physical symptom felt during stressful event	How well did you handle the event?

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