## Stress Journal

Stress Management Unit



Nake\_\_\_\_

Relaxation C.O.P.E Technique

## Step 1 Concentrate on what's bothering you:

- 1. Do you know what is bothering you?
- 2. If so, describe it below:

## Step 2 Only you know your feelings:

Circle any of these feelings you might have or add your own.

Anger	frustration	sadness	fear	mad
stressed	upset	worried	panic	doubt
betrayed	confused	unsure	anxious	tired
depressed	lonely	cranky	grouch	ny furious

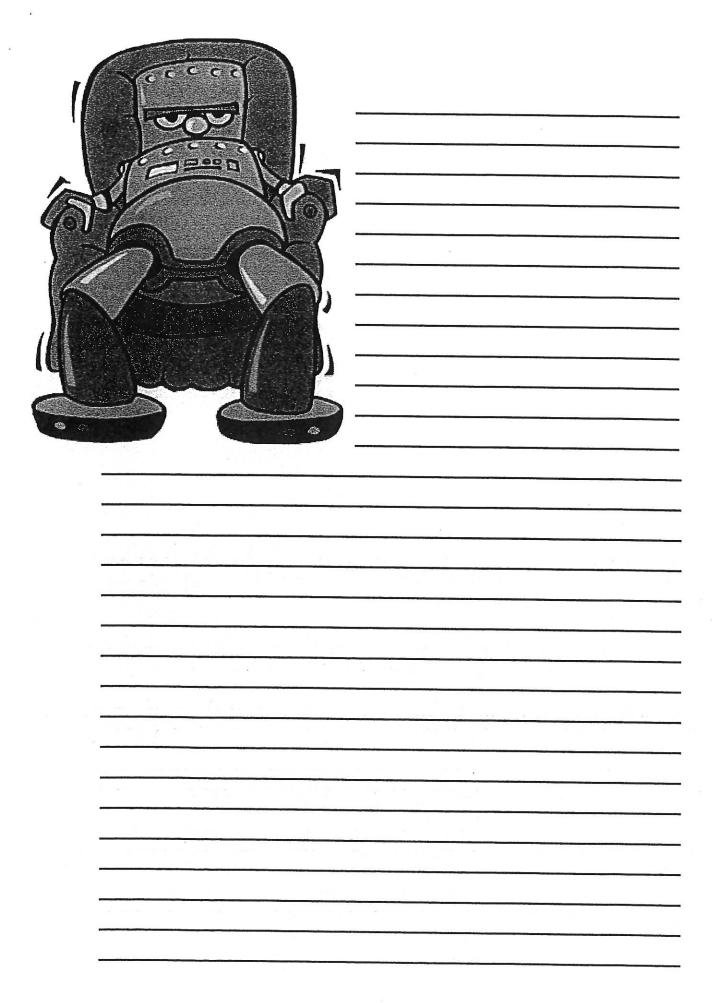
## Step 3 $\underline{P}$ ick a relaxation strategy:

- 1. Write in your journal
- 2. Draw a picture
- 3. Listen to music
- 4. Do some deep breathing exercises
- 5. Eat some pancakes, but only if you are hungry
- 6. Use visualization relaxation technique with the images
- 7. Use the aromatherapy device being passed around

Step 4 $oxed{E}$ valuate if you are feeling betto	Step	4	Evaluate	if	you	are	feeling	bette	٦;
---------------------------------------------------	------	---	----------	----	-----	-----	---------	-------	----

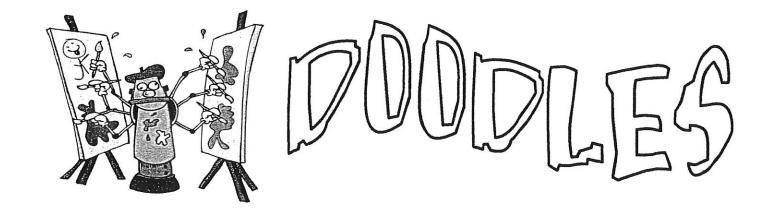
	- 51	100000000000000000000000000000000000000	11.77	_
1.	Do	you fee	el better?	

On the back of this worksheet, please analyze the stress management techniques that you used today and explain why they did or did not help you. Be specific.

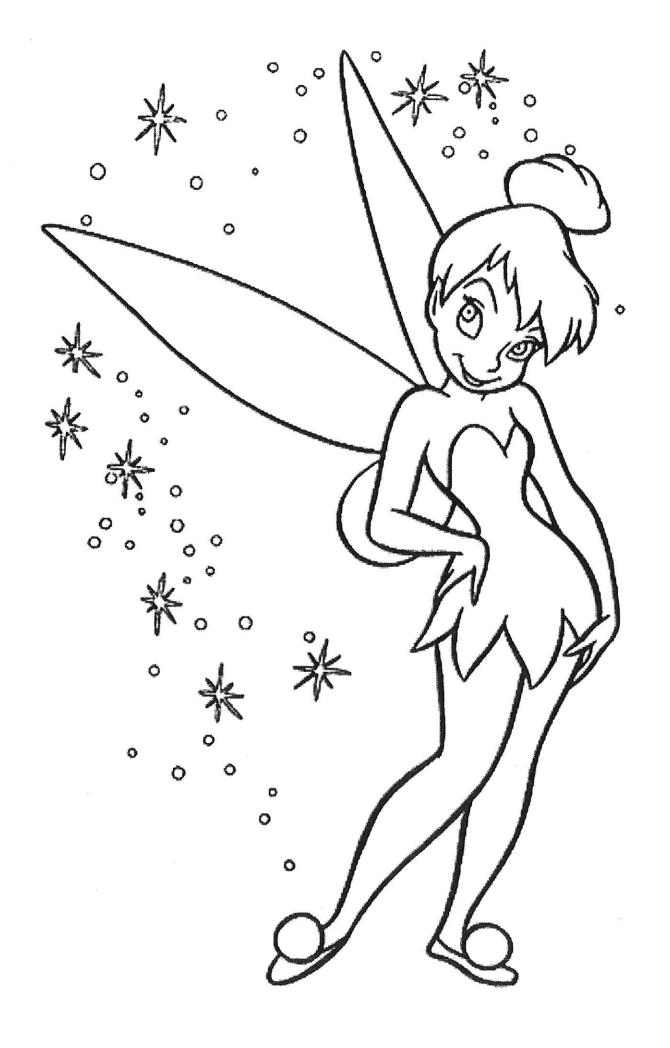


Journal Entry #1

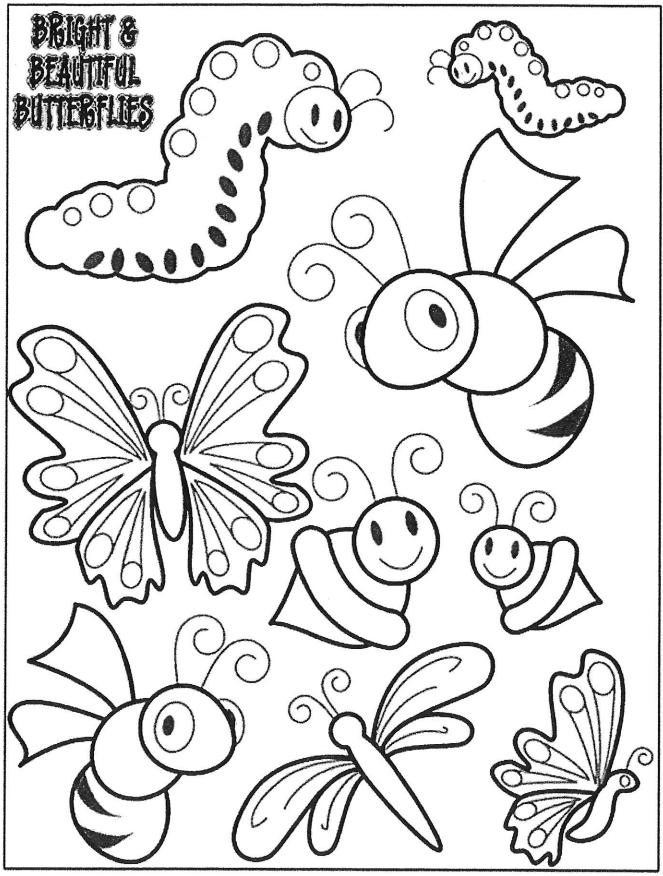
Please list 5 stressors that you encountered today.	6
Please indicate what part of the "whole" self you would classify the stressors listed above (emotional, physical, intellectual, spiritual, or social).	k
Please choose one stressor from above and reflect upon it by writing a short parag about why you think it caused you stress, how you handled it (if you did) and how you would handle it differently if you could do so.	raph u









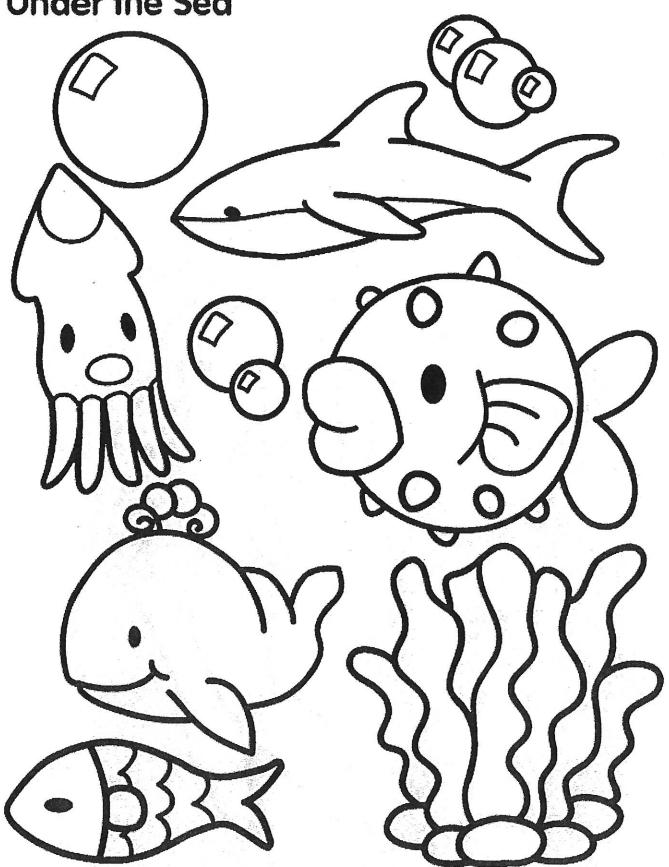




Coloring Pages

©2000 - 2008 Cravola LL0







Directions: List all of your appointments, meetings, assignments, practices, etc. on the chart below. Use it as a guide to help you manage your times. Cross off each item as you complete it.

_as you complete it	•		
Monday			
Tuesday			
_			
Wednesday			
TVOGITOSGAY			
Thursday			
Friday	i e		
Saturday			
	No.		

* * * Daily T	o Do List * * * *
Must Do	Call
	Scheduled
	Ochoadica
7 2	
To Do	11
	Morning
图 推广 关键 医梅毒素 医黑色	Before Bed
	Delore Dea
the party of the second	
	Water
	- IValel
	I'm Thankful For
	The transcort of
THE RESERVE OF THE PROPERTY OF	