

Stress Journal: Identify short term stress and the impact on body mind spirit.

Keep this Log for 1 week. It will help you tune into your reaction to events and activities.

Column by Column Explanation:

Energy: does this activity drain your energy or energize you? Neutral means it does not impact your energy level.

Focus: does this activity disrupt your focus and your efficiency? Rate how much of an impact it has.

Mood: are you happy, sad, hangry, irritable? Score the impact of the mood.

Stress trigger: does this activity trigger the flight or fight reaction? Score this impact.

Experience: jot down any physical/ emotional reaction like butterfly's, sweating, shaking, etc.

Strategies: did you engage any strategy, in the moment, to alleviate this reaction?

After a week, analyze your log. Are there trends? What are your most frequent stressors? Energy drains?

What do you need to do more – or less – to have a more productive and enjoyable day?

Now that you have a good understanding of what triggers your stressors, you can set up a plan to integrate stress strategies. We will be covering a variety of tools from which to choose.