

## Start a stress journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down:

- What caused your stress (make a guess if you're unsure)
- How you felt, both physically and emotionally
- How you acted in response
- What you did to make yourself feel better

Authors: Lawrence Robinson, Melinda Smith, M.A., and Robert Segal, M.A. Last updated: February 2016.

© Helpguide.org. All rights reserved. This reprint is for information only and NOT a substitute for professional diagnosis and treatment. Helpguide.org is an ad-free non-profit resource for supporting better mental health and lifestyle choices for adults and children.

Adapted and reprinted with permission.