**STRESS LOG**

***For the week of March 30, 2020***

**DIRECTIONS:** An important step in managing stress is to recognize your current stressors and examine the ways that they affect you, as well as your current coping strategies. For the next few days you will record your stressors and fill out the information in the chart.

***Example:***

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| **Date/Time/Place** | **Source of Stress (detailed)** | **Tension Level/ How it feels** | **Coping Strategy** |
| 10/17school | *I got into an argument with a friend this weekend and we have class together. I am anxious about seeing him and what will happen.* | *4**Sick to my stomach, headache, hard to concentrate on anything, want to cry* | *Practicing what I will say and do in various situations, deep breathing, and reminding myself that these things happen and I can’t change what happened only what happens moving forward.* |
| *10/17**school* | *I realized first period that I forgot to do my homework, due 3rd period.* | *3**Sweating, increased heart rate* | *I texted my friend for the answers and copied the homework.* |

**Tension Level Scale: 1 = slight 2 = moderate 3 = strong 4 = intense**

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