

Stress Diary

- For information about stress diaries, visit www.mindtools.com/rs/StressDiary.

Date and Time	Most Recent Stressful Event Experienced	How Happy do you Feel now? (Scale -10-10)	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?