

## Women's Health, Naturally Stress Diary

Different events affect people differently. By filling out the Stress Diary you will be helping us to identify your stress triggers and how you deal with them. Identifying your triggers will help us create the best Stress Management treatment plan for you.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Level of Stress	/10	/10	/10	/10	/10	/10	/10
Energy Level	/10	/10	/10	/10	/10	/10	/10
What triggered stress today? <i>Family matter, work deadline, traffic, children</i>							
How did you feel when stressed? <i>Angry, weepy, depressed, anxious, sad irritated, frustrated</i>							
What reduced your feeling of stress? <i>Going for a walk, music, leaving the room, food, drink</i>							
How was your sleep last night? <i>Difficult to get to sleep, light sleep, couldn't wake up, woke during the night</i>							