



LABORATORY 11.2

Name _____ Date _____

Instructor _____ Section _____

Keeping a Stress Diary

For this exercise, you will need seven copies of this worksheet. Keep a daily stress diary for one week. Indicate the time of day the stressor occurred, your perceived level of stress (10 is the worst stress you have ever felt), any symptoms you experienced, and your response to the symptoms. A response can include, for example, practicing a relaxation technique, getting angry, or doing nothing. At the end of 7 days, analyze your stress diary to determine the greatest sources of stress and the times that they occur. Once you have done this, you will be ready to practice effective stress management techniques.

Date: _____

Time	Level of Perceived Stress (0 to 10)	Cause of Stress	Symptoms of Stress	Your Response
7:00 A.M.				
8:00				
9:00				
10:00				
11:00				
12:00 P.M.				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00				
7:00				
8:00				

1. What are the greatest sources of stress in your life, and when do they occur?

2. What are some specific steps you can take to eliminate or minimize these stressors?

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.