

# The Stress Tracker

**Keeping a stress tracker is a good way for you to become aware of what your stressors are, how you react, and what you would like to do differently**

How to Complete the Stress Tracker:

Every time you make an entry, note the following information:

1. The date and time of the entry.
2. Was this a regular day or if there were exceptional pressures on you?
3. Describe the stressful event you experienced.
4. What intensity of the stress you felt on a scale of 1 to 10 (1 being the most relaxed you have ever felt and 10 being extreme stress)
5. What were your physical symptoms? (did it cause sweating, butterflies in the stomach, racing heart,)
6. How did you respond? This means your visible behaviour. (yelling, swearing, leaving the room, etc.)
7. On a scale of 1-10, how effective was your handling of the stressful event?
8. What would you like to do differently next time? If you are not happy with how you responded state how you would like to respond in a similar stressful situation.

**Stress: Take Charge Stress Tracker**

Date and time	A typical day or an unusually stressful one?	What was the stressful situation?	Intensity of the stress 1 - 10	What were your physical symptoms?	How did you respond?	How effective was your response?	What would you like to do differently next time?
12 June 7:30	I was up all night with a sick kid	Someone cut me off while I was driving to work and I almost had an accident	8	Heart racing hands clenched on the steering wheel	I screamed at him and started swearing	Not very. I was distracted and angry for the rest of the morning	Just let it go - everyone makes mistakes