Stress Log

Jot down a few notes using the prompts on the table below to help you learn more about your stress. You can also keep a separate log to track your loved one's stressors.

What happened? (stressful event)	When did it happen? (date, time, situation, time of day)	What was my reaction? (symptoms, thoughts, behaviors)	How did I respond? (coping response)	Was the reaction helpful or non-helpful? Why?