

## Stress Diary

Use this diary to record your level of stress over a week. Note down your stress levels several times each day- perhaps every hour or two throughout the day. You might find it helpful to set an alarm to remind yourself to check your stress level.

It might also be helpful to make some notes on what you are doing at the time, what you were thinking, who you were with etc. This will highlight patterns in your stress- e.g. is it higher in the morning, when at home, when alone, when in meetings...? It will also show any relaxed times.

<b>Date/ day &amp; Time</b>	<b>Stress Rating (0-10)</b> <b>0= completely relaxed</b> <b>10= extremely stressed</b>	<b>Notes</b>

## Stress Thought Record

When you notice a change in your stress or anxiety levels, or notice that your thoughts filled with threat or worry, use this record to note what's going on. Then use this record to analyse and challenge any unhelpful thinking.

<b>Date &amp; Time</b>	<b>The Lead up context</b> <ul style="list-style-type: none"><li>▪ <i>Where was I?</i></li><li>▪ <i>What was I doing?</i></li><li>▪ <i>Was anyone else there?</i></li></ul>	<b>The event</b> <ul style="list-style-type: none"><li>▪ <i>What did I notice?</i></li><li>▪ <i>What did I think or imagine?</i></li><li>▪ <i>What did I fear might happen?</i></li><li>▪ <i>Any 'what if...?' thoughts?</i></li><li>▪ <i>How stressed did I feel (0=fully relaxed, 10= maximum stress)?</i></li></ul>	<b>What happened next?</b> <ul style="list-style-type: none"><li>▪ <i>Did I stay or leave?</i></li><li>▪ <i>Did what I feared happen?</i></li><li>▪ <i>Did my stress reduce?</i></li><li>▪ <i>How did I explain what happened?</i></li><li>▪ <i>Is there an alternative explanation?</i></li></ul>