## Worksheet Three: Your Individual Stress Log

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| What happened? |
| When did it happen? |
| Where did it happen? |
| How high was my stress level, on a scale of one to ten? (1=Not Stressed, 5=Moderately Stressed, 10=Close to a nervous breakdown) |
| How did I feel? |
| Why did this event cause me stress? |
| What did I do about it? |
| What would I like to do differently next time? |