Stress coping strategies

*Keep a stress diary*

Note down specific instances when you feel stressed and what you think is causing you to be stressed.

How did you feel at the start of the day? Look for patterns in the causes or the times of day or what’s going on around you. Use this to work out how to break the pattern.

Keeping a stress diary is helpful in understanding the causes of any short-term stress you might be feeling and helping you managing the stress. You may be able to see patterns in the stress you go through. This will help you to be able to concentrate on areas you need to improve your ability to cope. And it will help you to see how much you can cope with.

Note down specific instances when you feel stressed and what you think is causing it. How did you feel at the start of the day?

With a general idea of what causes stress and how to deal with it, the next step is to tune in and really look at how you react to stressors from day to day. The best and most revealing way of doing this is to keep a ‘stress diary’. Keeping a record of the events that create stress, as well as your reactions to them, will help you to pinpoint the biggest stressors in your life.

In your diary, make a note of the time a stressful event occurs and also jot down how you felt.

Record stressful events, how you responded to them and how you coped.

On Page 2 there is an example of the sort of things that should be recorded in a stress diary – page 3 is for your own use.
Stress coping Strategies

Keep a stress diary - continued

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Date</td>
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Is this a typical day?  Yes  No  X  More  Less

<table>
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<th>Sun</th>
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<th>Wed</th>
<th>Thu</th>
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Time of Day:  1pm  Intensity of Stress (1-7)  6

Duration of Stress :  30 minutes

Situation (circumstance, location, people)
During the production meeting Kevin continually blocked my suggestions.

Triggering Event (preceeding event):
The meeting was called at short notice.

Emotional / Behavioural Reaction (your feelings about the event)
I accused Kevin of wasting valuable time and if he didn't want to hear my suggestions then he shouldn't invite me to the next one – obviously worried that he might take me up on this.
## Stress coping Strategies

*Keep a stress diary- continued- blank for use.*

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**Time of Day:**  
**Intensity of Stress (1-7)**

**Duration of Stress :**

**Situation (circumstance, location, people)**

**Triggering Event (preceding event) :**

**Emotional / Behavioural Reaction (your feelings about the event)**