Title: Stress Journal

Exercise Code: SLINTEGRA041

|  |  |  |
| --- | --- | --- |
| Modules: | Group size: | Duration: |
| 1. Social Learning  2. Professional Ethics  3. Personal Integrity  4. Professional Integrity  5. Conflict Solving Strategies  6. Problem Solving Strategies | Individual | 30 min |

**Purpose:**

* To train ourselves how to recognize the signs of stress
* To improve our reaction to stressful events
* To learn when stress is positive and when it has a negative effect

**Description:**

Before you can deal with stress, you must learn to recognize what causes it. Think about last week and list as many events as you can remember that caused you stress.

Use the chart below to record the stressful events. Include all the information that will help you determine if there is a pattern to your stress.

This journal will help you recognize what causes the most stress in your life. Be sure to rate each event as "high", "medium", or "low."

Think of your reaction to the stress.

For example - “Did your heart start to pound?” or “Did you feel your temperature rise?”

Write your reaction in the handout provided.

Think of some ways to relieve the stress.

**Material:**

Paper, pencil

**Methods:**

Self evaluation, internalization

The exercise is meant for the individual evaluation of stress. It is recommended that this exercise is carried out regularly and continually, because the person can, with regular checking of stress levels, better manage and overcome stress.

**Advice for Trainer:**

Even though the exercise is meant for individual use, the trainer can invite the people that keep a stress journal to talk to the group about it and tell the group if this exercise has helped them in managing stress in situations.

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University, St. Louis

**Handout:**

Stress Journal