Handout: Stress journal

Exercise Code: SLINTEGRA041

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.

**Date**

**Time**

**Event (who, what, where)**

**Stress Level (high, medium, low)**

**My Reaction**