

Stress Trigger Tracker

Stress Management Journal Worksheet

Date and Time _____

01

Stress Triggers:

Identify the situations, events, or factors that trigger stress in your life. Note down specific details about each trigger, such as the time of day, location, and people involved. Understanding your stress triggers can help you prepare for potential stressors and find ways to minimize their impact.

Coping Strategies:

Explore and document the coping strategies you used to manage stress when it arose. Whether it's deep breathing, mindfulness exercises, physical activity, or talking to someone, writing down your coping mechanisms will help you recognize which strategies work best for you.

02

03

Stress Triggers:

Reflect on how effective each coping strategy was in reducing stress. Write down how you felt before and after using the coping technique, and any changes in your emotional and physical state. Consider whether the strategy helped you regain a sense of calm and control.