Stress Journal

Stress Management Unit

Name_________________________
Relaxation C.O.P.E Technique

Step 1 Concentrate on what’s bothering you:
1. Do you know what is bothering you?
2. If so, describe it below:

Step 2 Only you know your feelings:
Circle any of these feelings you might have or add your own.
Anger frustration sadness fear mad
stressed upset worried panic doubt
betrayed confused unsure anxious tired
depressed lonely cranky grouchy furious

Step 3 Pick a relaxation strategy:
1. Write in your journal
2. Draw a picture
3. Listen to music
4. Do some deep breathing exercises
5. Eat some pancakes, but only if you are hungry
6. Use visualization relaxation technique with the images
7. Use the aromatherapy device being passed around

Step 4 Evaluate if you are feeling better:
1. Do you feel better? ________________________

On the back of this worksheet, please analyze the stress management techniques that you used today and explain why they did or did not help you. Be specific.
Journal Entry #1

Please list 5 stressors that you encountered today.

Please indicate what part of the "whole" self you would classify the stressors listed above (emotional, physical, intellectual, spiritual, or social).

Please choose one stressor from above and reflect upon it by writing a short paragraph about why you think it caused you stress, how you handled it (if you did) and how you would handle it differently if you could do so.
**TO DO LIST**

Directions: List all of your appointments, meetings, assignments, practices, etc. on the chart below. Use it as a guide to help you manage your times. Cross off each item as you complete it.

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