

Use this log to then journal more specifics about the events and or people that triggered a stress response. Review your log and see if there is a pattern.

Are you using effective stress strategies?

Do you rely on food for comfort? The type of food can have its own “stress” reaction. Too much sugar, starch, caffeine, fat and salt have health consequences. Moderation is the key.

Has stress changed your “normal”? Are you rushing all the time? Feeling shortchanged? Irritable and or angry?

We hope this helps you identify your stressors and moderate your response. Check out transformyourself.com for more on effective stress strategies!

Acknowledge the stress and build on what is positive and working in your life.