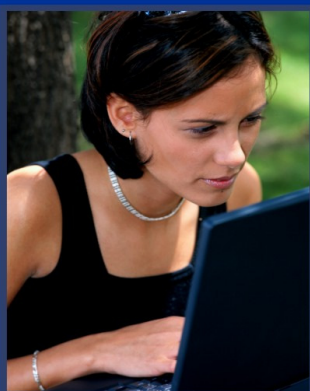


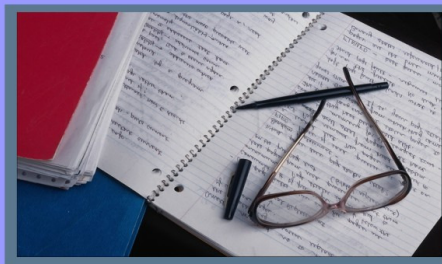
MANDALA CONSULTING

INTEGRATION FOR SUSTAINABILITY



Stress Diary

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Completing a Stress Diary



Complete a Stress Diary for at least 2 weeks. Use the copies attached to this Journal. (Make additional copies if needed)

Analysing the Diary



Analyse the content of the diary by answering the following questions in the space provided.

- First, look at the different stresses you experienced. Pick out the stresses you experienced most frequently, and write them out in order.
- Next, prepare a second list with the most unpleasant stresses at the top of the list and the least unpleasant at the bottom.
- Looking at your lists of stresses, those at the top of each list are the most important for you to learn to control. The stress planning tool helps you plan how to deal with these stresses, and how to identify the techniques that are most effective for managing them.
- Working through the stresses, look at their underlying causes, and your appraisal of how well you handled the stressful events. Do these show you areas where you handled stress poorly, and could improve your stress management skills? If so, list these.
- Next, look through your diary at the situations that cause you stress. List these.
- Finally, look at how you felt when you were under stress. Look at how it affected your happiness and your efficiency, understand how you behaved, and think about how you felt.

Having worked through your diary, you should understand more fully what the most important and frequent sources of stress are in your life. You should appreciate the levels of stress at which you are happiest. And you should also know the sort of situations that causes you stress so that you can prepare for them and manage them well.

Indicate what stress management tool will work best for each

Stressor	How can you manage this stressor?

Identify areas where you handled stress poorly. Why do you say that you handled it poorly? What will you do different next time?

Area handled poorly	Why?	What will you do different next time?

Look at the underlying causes of your stressful situations? List these.

How did you feel when you were under stress?

Stress Management Plan

Draw up a comprehensive Stress Management plan to address your identified stressors and stress in general. Remember to include proactive and reactive measures.

Aspect you want to work on	Action steps	Target date

Stress Diary – Week 1

Date & Time	Most recent stressful event experienced	How happy do you feel now? (Scale: -10 to +10)	Your current mood	How effectively are you working now? (Scale: 0-10)	Fundamental cause of the event	How stressed do you feel now? (Scale: 0-10)	Physical symptom during stressful event	How well did you handle the event?	What will you do differently next time?

