

Three Day Stress Diary

Monitoring situations and your responses for three days out of a routine week should give you an idea of when and where stressors are occurring in your daily schedule.

Instructions: At three different times a day (e.g., at each meal), take a few moments to record periods of time you felt stress. Use one sheet per day and each day be consistent when you are recording your stress levels.

Scale for Stress

Record:

0	1	2	3	4	5	6	7	8	9	10
Not at all Stressed					Moderately Stressed					Extremely Stressed

For each time period during the day record the following information. Be as detailed as you can:

1. **Situation** – Briefly describe the stressful situation.
2. **Amount of time:** If the stress of 5 or above lasted for a moment, then record that approximate time; if stress of 5 or above lasted for a period of time, then record when it began and when it ended.
3. **Where, with whom:** Record where you were and who you were with when the stressful situation occurred.
4. **Stress level:** Rate your level of stress using the above “scale for stress.”
5. **Response to stress:** Briefly describe the way you responded to the stressful situation.
6. **Other feelings:** Record feelings other than stress or anxiety (e.g., sadness, anger, happiness). If you did not experience any other feelings, than record “NONE.”

Responses can be recorded on the following page (print a new page for each day).

For periods you have recorded levels of stress at 5 or above (moderate to extreme stress) you may need to employ stress management techniques. For more information, visit <http://tragecancer.org/stressmanagement>.

Additional Resources on Stress Management

Additional Stress Awareness Worksheets: <http://tragecancer.org/stressmanagement>

Don't Stress the Stress Webinar: <http://tragecancer.org/stressmanagementwebinar>

Triage Cancer Quick Guide to Stress Management: <http://tragecancer.org/QuickGuide-StressManagement>

Progressive Muscle Relaxation (PMR) and Guided Imagery Exercise: <http://tragecancer.org/relaxationexercise>



Three Day Stress Diary

Day _____

Today's Date _____

Time Period 1:

Describe the stressful situation:

Amount of time you experienced stress:

Where were you, with whom:

Stress level (0-10):

Describe your response to stress:

Other feelings:

Time Period 2:

Describe the stressful situation:

Amount of time you experienced stress:

Where were you, with whom:

Stress level (0-10):

Describe your response to stress:

Other feelings:

Time Period 3:

Describe the stressful situation:

Amount of time you experienced stress:

Where were you, with whom:

Stress level (0-10):

Describe your response to stress:

Other feelings: