

Stress-busting diary

STRESSFUL SITUATION	FEELINGS	STRESS-BUSTING ACTIVITY	NEW FEELINGS	RATE IT (1-10)
<i>Describe the situation that made you stressed. Did your reaction to the situation contribute to your stress?</i>	<i>How did the situation make you feel emotionally and physically (e.g. sick to your stomach, jaw tension)?</i>	<i>Describe the stress-busting sensory activity you tried.</i>	<i>How did you feel afterwards? Emotionally? Physically?</i>	<i>On a scale of 1 to 10, how well did the activity work? Did you instantly feel better or not?</i>