Stress Processing Journal

This Book Belongs To

_____

_____

_____

Worry Exploration

What are you worried about?

The best that can happen is...

What are some clues that your worry will not come true?

If what you are worrying about does not happen, how will you handle that feeling?

Worry Exploration

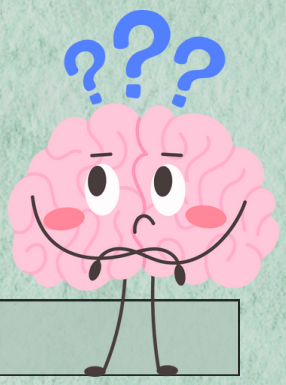
Does worrying about something help prevent it from happening?

Is there any practical action I can take to sort this problem out? If so, what is it?

Am I inventing worries to satisfy my need to worry? If yes, what might be behind this?

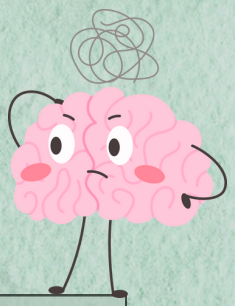
Now that you have questioned the worry, has your perspective shifted? How?

Stress Walkthrough



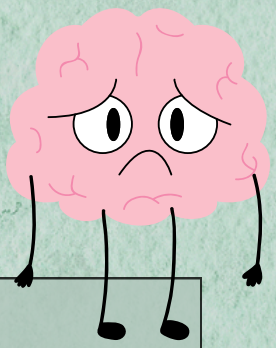
Date or event that is bringing you stress

Stress Walkthrough



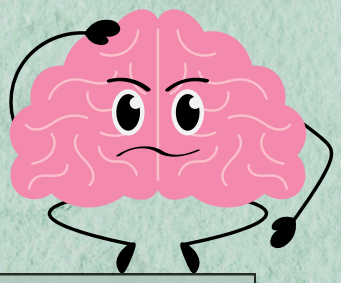
Describe what Element revolving this event / date you stressing about?

Stress Walkthrough



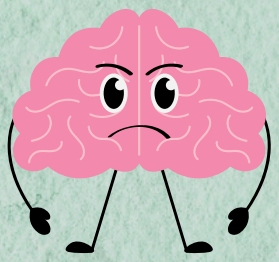
What aspect of your stress is controllable vs uncontrollable

Stress Walkthrough



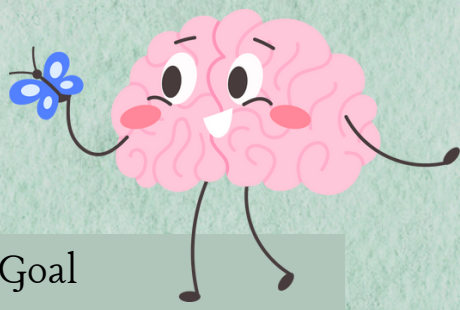
Brainstorm 3 ways to reduce stress

Stress Walkthrough



Who can you receive Support from?

Problem Solving



Problem to Solve	End Goal

1st Solution	Pros	Cons

2nd Solution	Pros	Cons

3rd Solution	Pros	Cons

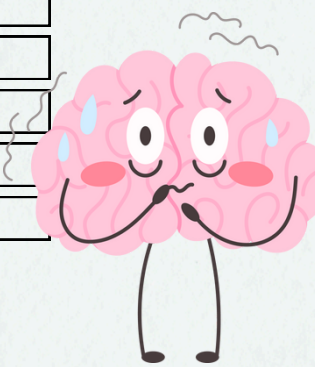
Final Solution	Next Step

Stress Level Tracker

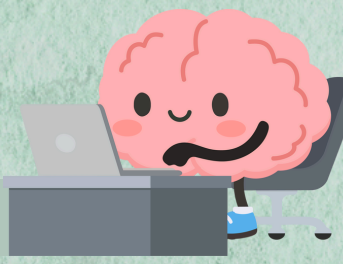
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Dec	Nov
1												
5												
10												
15												
20												
25												
30												

Stress Level

- 1
- 2
- 3
- 4
- 5



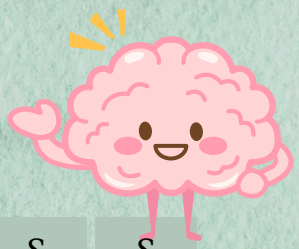
Evaluate Stressors



List of Stressors	Controllable

Uncontrollable

Stress Tracker

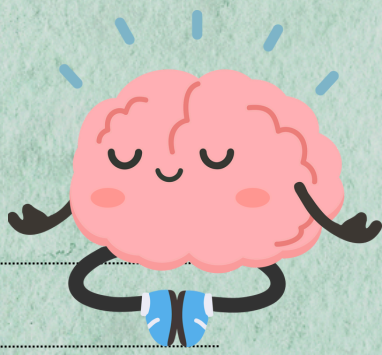


	M	T	W	T	F	S	S

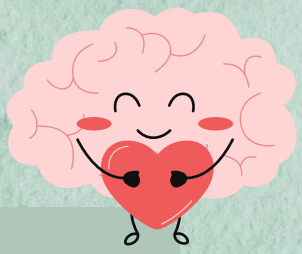
Behavior Tracker

Behavior Tracker	M	T	W	T	F	S	S

Stress Source



Manifestation Worksheet



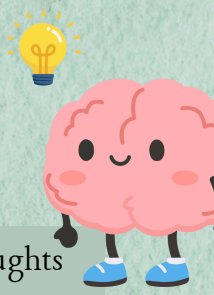
How can i reach my goal

My primary goal

Why do I want this?

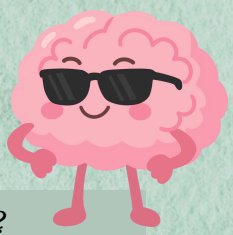
What will life look like once my manifestation comes true?

Thoughts Tracker



Event	Thoughts as Image	Emotion and Body Sensation	Alternate Thoughts

Monthly Reflection



How I feel about this month

What hard since last month?

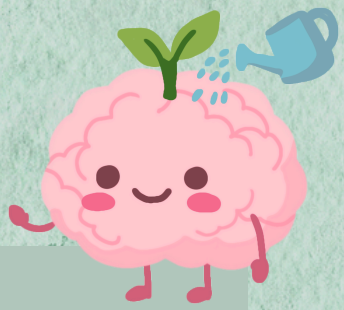
My accomplishments this month

What i want to ignore next month?

A Letter To My Self

Signature:

Journal Entry



Date:

Topic:

Daily Gratitude

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
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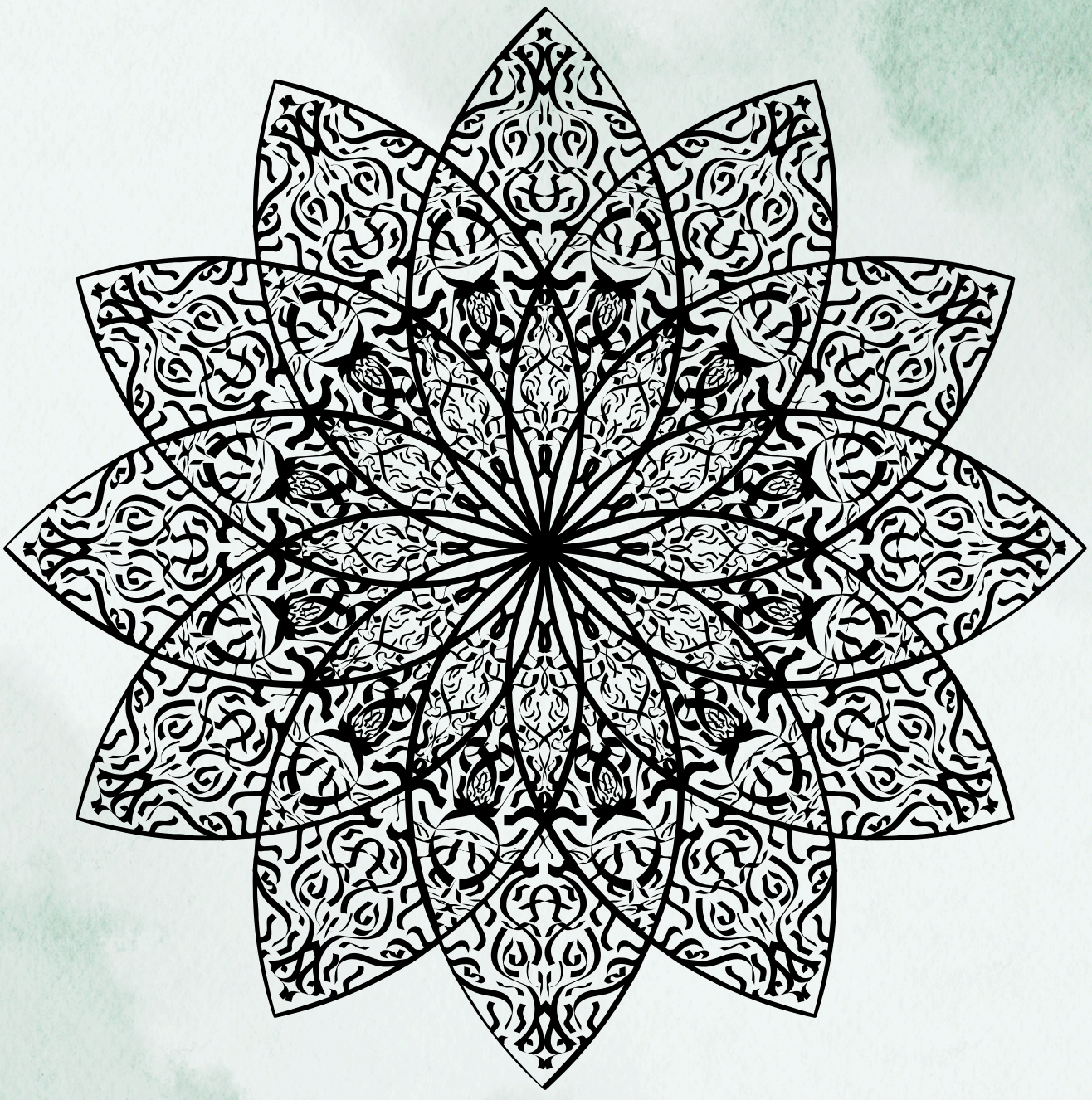
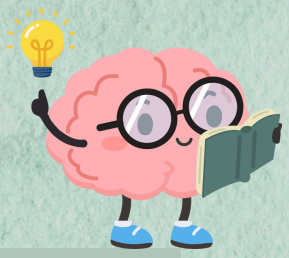
Stress Relief Coloring Page

Stress Relief Coloring Page



Stress Relief Coloring Page

Self-Care Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Daily Habit Tracker

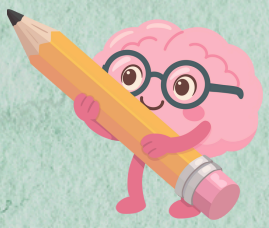
Mood:	Start Time:	End Time:

1.	16.
2.	17.
3.	18.
4.	19.
5.	20.
6.	21.
7.	22.
8.	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.

Daily Journal

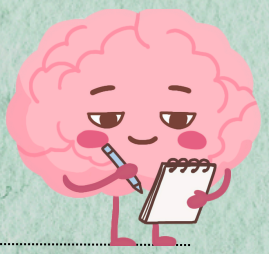
Date: _____

Weekly Journal



Notes

Notes



Important Notes