

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 your worry does not come true how will you handle it?

Worry Exploration

Is worrying about something going to stop it happening



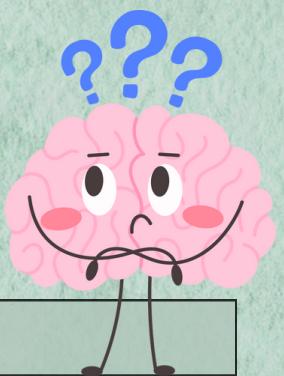
Is there anything can physically do sort the problem out? If so what?

Am i making up worries to feed my addiction to worry? If so, why?

Now that you leave challenged the worry? How has it changed?

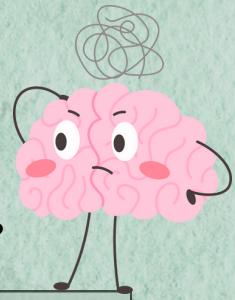
Stress Walkthrough

© Date or event that is bringing you stress



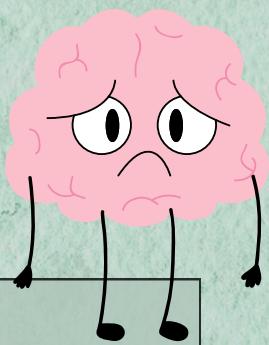
Stress Walkthrough

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



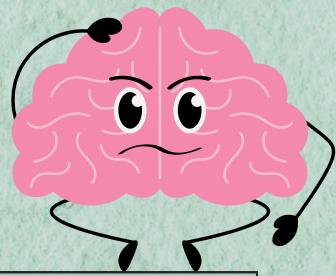
Stress Walkthrough

What aspect of your stress is controllable vs uncontrollable



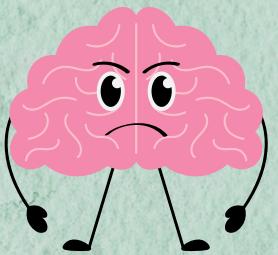
Stress Walkthrough

Brainstorm 3 ways to reduce stress

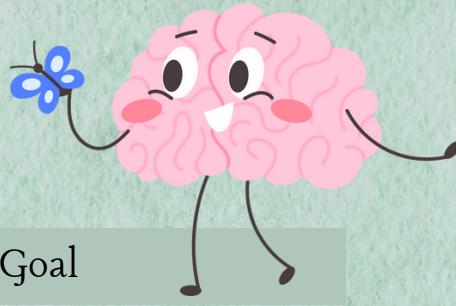


Stress Walkthrough

Who can you receive Support from?



Problem Solving



Problem to Solve

End Goal

1st Solution

Pros

Corner

2st Solution

Pros

Corner

3st Solution

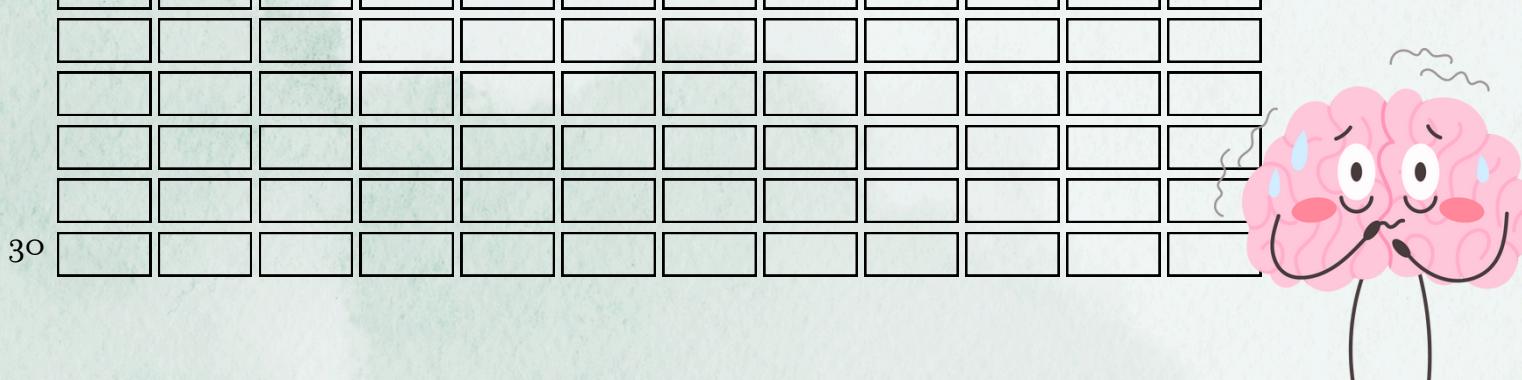
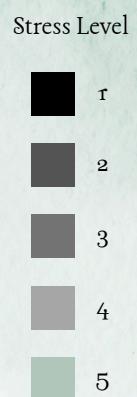
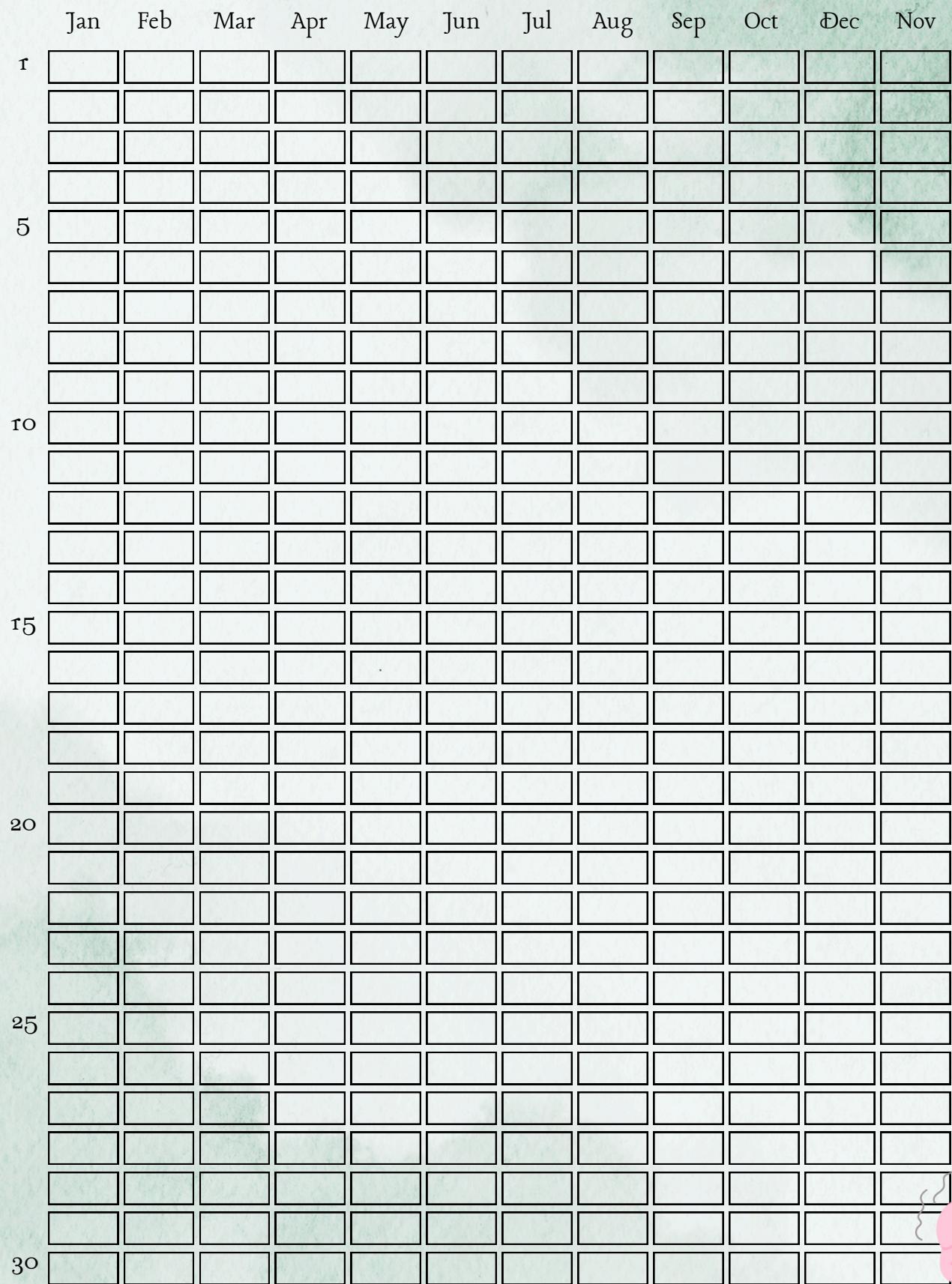
Pros

Corner

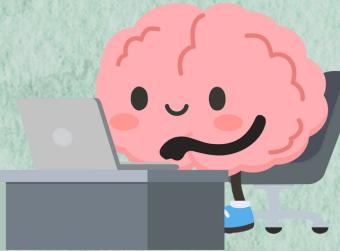
Chooses Solution

Next Steep

Stress Level Tracker



Evaluate Stressors



List of Stressors

Controllable

Uncontrollable

Stress Tracker



Behavior Tracker



Behavior Tracker

Stress Source



Manifestation Worksheet



How can i reach my goal

My primary goal

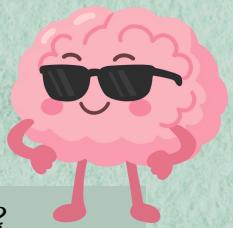
Why do I want this?

What will like be like once i have manifestation my



Thoughts Tracker

Monthly Reflection



How feel about this month

What hard since last month?

My accomplishments this month

What i want to ignore next teeth?

A Letter To My Self

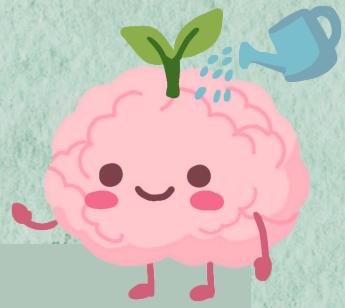


Signature:

Journal Entry

Date:

Topic:



Daily Gratitude



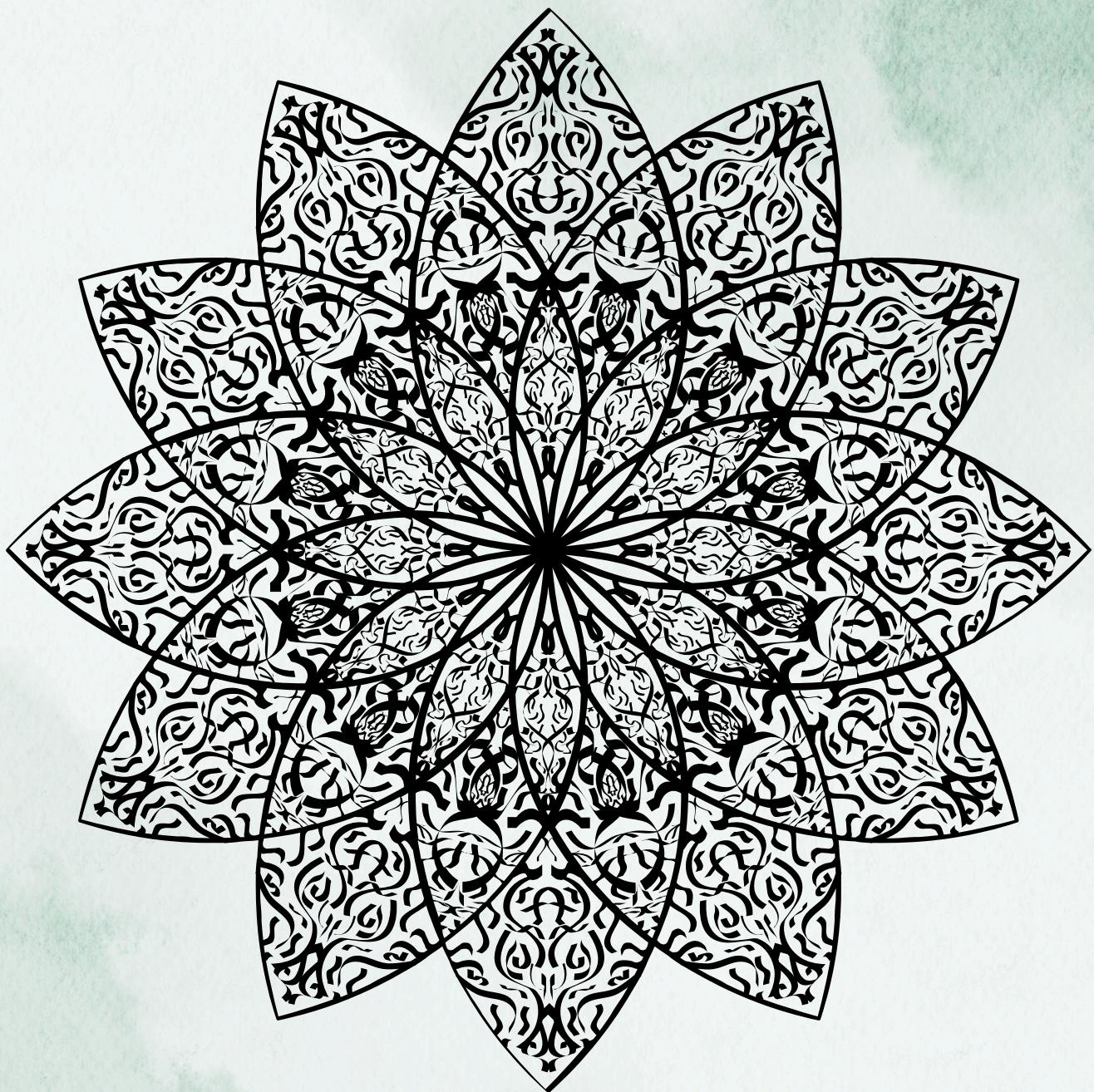
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Stress Relief Coloring Page



Stress Relief Coloring Page



Stress Relief Coloring Page



Self-Care Calendar



Daily Habit Tracker



Mood:

Start Time:

End Time:

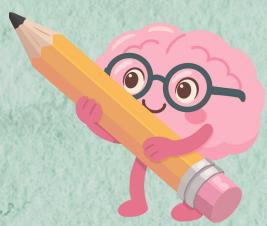
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Daily Journal

Date: _____

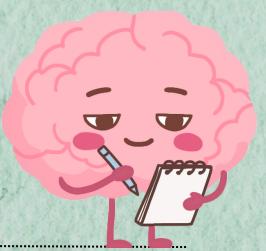


Weekly Journal



Notes

Notes



Important Notes

