

# Stress Processing Journal



This Book Belongs To

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# Worry Exploration



What are you worried about?

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The best that can happen it...

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

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

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# Worry Exploration



Is worrying about something going to stop it happening

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

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

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

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## A pink brain character with a sad face, featuring three question marks above its head, standing on a grey rectangular block.

[illegible]

[illegible]

## A pink, cloud-like character with a sad face, standing on a grey ledge. The character has large, black, oval eyes with downturned corners, a simple curved line for a sad mouth, and several small, pink, squiggly lines on its head representing hair or veins. It has two thin black legs and small black feet. The background is a light green wall with faint, darker green squiggly lines.

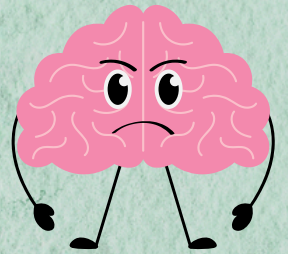
This image shows a blank sheet of music paper with ten horizontal staves. Each staff consists of five lines. The staves alternate between white and light green backgrounds, starting and ending with a white staff. In the top right corner, on the first white staff, there are two black musical notes (half notes) positioned on the fourth and fifth lines. The rest of the page is empty.

## A pink cartoon brain with a grumpy face, arms, and legs, standing on a grey base. The brain has large, dark eyes with heavy eyelids, a small frown, and a single hair curl on top. It is standing on two black legs with feet, and its arms are outstretched to the sides. The background is a light green textured surface.

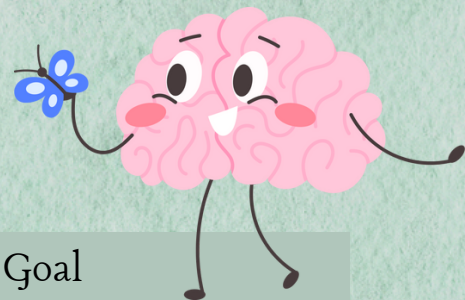
[illegible]

# Stress Walkthrough

## Who can you receive Support from?



# Problem Solving



Problem to Solve

End Goal

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<hr/>	<hr/>
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1st Solution

Pros

Corner

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2nd Solution

Pros

Corner

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3rd Solution

Pros

Corner

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Chooses Solution

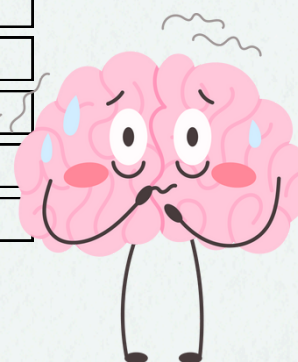
Next Steep

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<hr/>	<hr/>
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# Stress Level Tracker

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

Stress Level



## A cartoon illustration of a pink brain with a face, sitting at a desk with a laptop. The brain has a smiling mouth and rosy cheeks. It is wearing blue shorts and is sitting on a grey chair. The background is a light green textured wall.

## Controllable

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor discoloration or shadows, particularly towards the edges.

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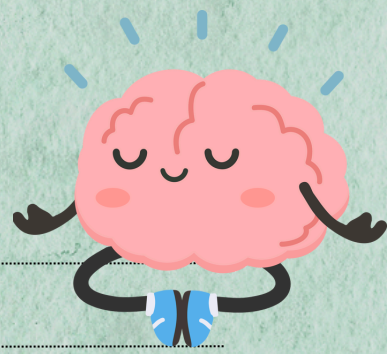
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[illegible]

[illegible]

# Stress Source



A series of 20 horizontal dotted lines for writing, arranged in a single column on the left side of the page.

A series of 20 horizontal dotted lines for writing, arranged in a single column on the right side of the page.

# Manifestation Worksheet

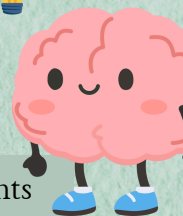


How can i reach my goal

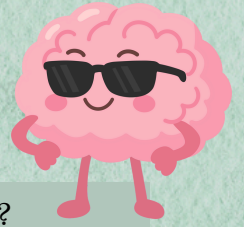
My primary goal

Why do I want this?

What will like be like once i have manifestation my

[illegible]

# Monthly Reflection



How feel about this month

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What hard since last month?

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My accomplishments this month

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What i want to ignore next teeth?

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# A Letter To My Self



Signature:

## A pink, cloud-like brain character with a smiling face, rosy cheeks, and small arms and legs. A green plant with two leaves is growing out of the top of its head. A blue watering can is pouring water onto the plant. The background is a textured green.

Topic:

[illegible]

# Daily Gratitude



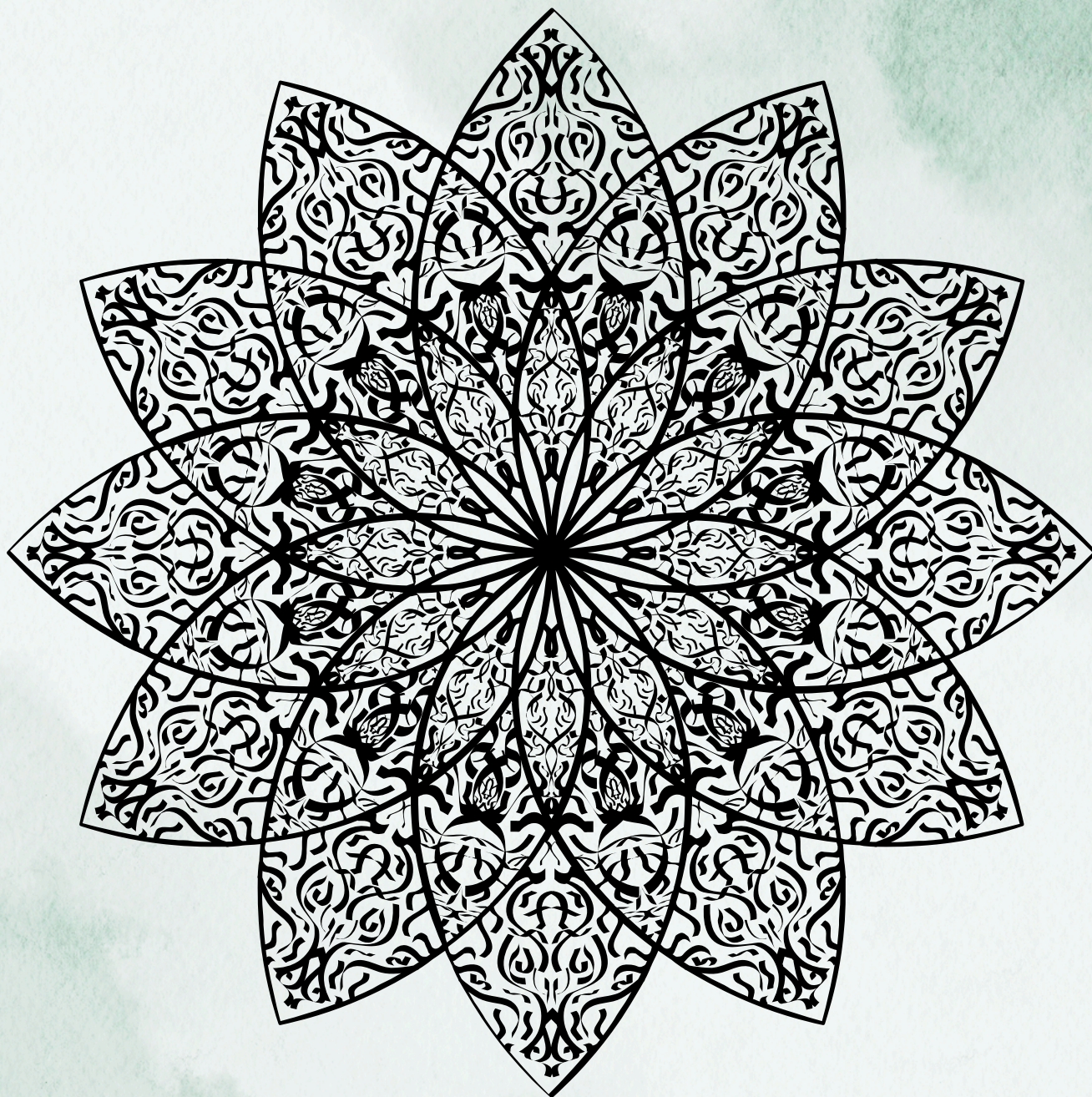
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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31	

# Stress Relief Coloring Page



# Stress Relief Coloring Page



# Stress Relief Coloring Page





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.

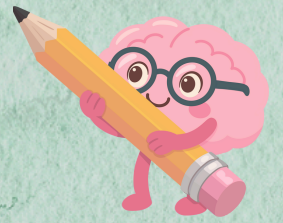
# Daily Journal

Date: \_\_\_\_\_



Journal writing area with horizontal dotted lines.

# Weekly Journal



Journal writing area with 18 horizontal dotted lines.

## Notes

Notes section with 8 horizontal dotted lines.

# Notes



A series of horizontal dotted lines for writing notes.

A cartoon illustration of a pink brain with a smiling face, wearing large black headphones. The brain is sitting at a desk with a laptop, appearing to be working or listening. The background is a light green textured wall.