



Stress Level Tracker

Date / /

Use this form when you feel stressed.

1. Write the activating event in the left column.
2. Put an X at the point that rates your stress level from *least* to *most* stressed.
3. Use a technique you've learned for reducing stress.
4. Mark your "after" stress level.

What happened?	Least	Starting Stress Rating										Most	
_____
_____
_____

What Technique did you use?	Least	Stress Rating After										Most	
_____
_____
_____
_____

My "least" stress level feels like (describe) →

My "most" stress level feels like (describe) →
