



Daily Stressor Checklist

Managing stress effectively starts with understanding what triggers it. Our Daily Stress Tracker is designed to help you identify and monitor the common stressors in your life. By keeping a daily log, you can gain insights into what elevates your stress levels and begin to develop strategies to manage your response. This simple tool encourages mindfulness about your mental environment and can be a first step towards improved mental well-being.

Instructions:

- **Date:** Enter the current date.
- **Stress Level (1-10):** Rate your stress level on a scale from 1 (minimal stress) to 10 (extreme stress).
- **Major Stressors:** Note down the events or situations that caused stress.
- **Notes:** Add any additional comments or observations about the day.

This table can be replicated daily in a journal or a digital document to track your stress patterns over time.



Daily Stressor Tracker

Date	Stress Level (1-10)	Major Stressors	Notes
<i>Example: 24/04/2024</i>	7	<i>Project deadline at work</i>	<i>I feel like work is piling up and it's never ending.</i>



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