



Stress Management Checklist

This checklist is designed to help you track and manage your stress on a daily basis, making it easier to identify triggers and effective coping mechanisms.

Instructions:

- **Date:** Record the date for reference.
- **Stress Level (1-10):** Rate your stress level each day to monitor fluctuations.
- **Stress Triggers:** Note any specific events or situations that trigger stress.
- **Techniques Used:** List any stress management techniques you employed that day.
- **Effectiveness (1-5):** Rate the effectiveness of each technique, helping you to identify what works best for you.
- **Notes:** Additional space for any relevant notes or observations you might have about your day or your stress management process.



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Date	Stress Level (1-10)	Stress Triggers	Techniques Used	Effectiveness (1-5)	Notes
<i>Example 01/05/2024</i>	6	<i>Deadline at work</i>	<i>Deep breathing</i>	4	<i>Felt calmer after session</i>



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