Challenge Log

WORK Well NC

Directions: Use this stress management log to record your daily signs and symptoms of stress in addition to the technique(s) used to help manage stress. After several days or weeks review the log to determine if there are specific signs and symptoms that you experience regularly or stress reduction techniques that you are most likely to use.

The first row has been completed as an example.

		Signs and Symptoms of Stress						Stress Reduction Technique(s)					
	Date	Headache	Muscle ache	Mood swings	Job burnout	Social withdrawal	Other	Relaxation techniques	Use of humor	Breathing techniques	Social support	Exercise	Other
Ex.	3.8			✓		✓			✓		✓		
Week 1													
Week 2													
Week 3													
Week 4													
Week 5													