



ENLIGHTEN EXERCISE #25

My Stress Diary

Fill in the hourly stress diary on a single day, noting your level of tension, as well as physical and emotional signs of stress, to become more aware of your daily stressors at work and home.

Situation	Outcome	Tension Level L=Low; M=Moderate; H=High	Signs and Symptoms Physical and Emotional
6:00			
7:00			
8:00			
9:00			
10:00			
11:00			
12:00			
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16:00			
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21:00			
22:00			
23:00			
24:00			