

Stress Management Journal



The first step in effectively managing stress requires the development of a better understanding of the situations that actually cause us to feel stressed. This will help identify common triggers or situations, as well as the thought patterns that follow these events and the coping mechanisms that you typically employ.

Keep a record of your experiences for a period of two to three weeks using the below format.

Situation	Symptoms	Thoughts	Reaction/Coping Strategy	Reflections
"Being directly challenged and criticised by an external stakeholder in front of my team"	Tense/tightness in the stomach Agitated and frustrated A bit embarrassed	"This is unfair" "What if my team lose faith in me" "How dare you"	I became aggressive toward the stakeholder (protect my reputation) I closed down the discussion	My actions actually made me feel more stressed as I worried about any repercussions I was too emotional in my response