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THESE DAYS IT'S HARD NOT TO GET OVERWHELMED ONCE IN A WHILE. STRESS AND ANXIETY ARE COMMON EXPERIENCES FOR MOST PEOPLE WHO ARE JUGGLING WORK, FAMILY, AND OTHER COMMITMENTS. FOR BOTH YOUR MENTAL AND PHYSICAL HEALTH, IT IS IMPORTANT TO LEARN HOW TO MANAGE YOUR STRESS AND GIVE YOURSELF TIME TO PAUSE AND UNWIND.

THIS 90-DAY JOURNAL IS DESIGNED TO HELP YOU TRACK YOUR DAILY ACTIVITIES, IDENTIFY THE TRIGGERS THAT CAUSE YOU STRESS AND ANXIETY, AND DISCOVER WHAT STEPS YOU CAN TAKE TO REGAIN A SENSE OF BALANCE AND CALM.



LEARNING HOW TO MANAGE YOUR STRESS takes time and practice, but the good news is there are several simple steps you can take to make it easier:

- + **MAKE HEALTHY LIFESTYLE CHOICES:** Eat well, exercise regularly, get enough sleep, and limit your caffeine and alcohol intake to lower stress and boost your energy level.
- + **MAKE TIME FOR SELF-CARE:** Do something fun with friends and family, engage in a hobby or creative activity, exercise, or practice some form of relaxation to help you decompress.
- + **WRITE YOUR THOUGHTS DOWN:** Get the thoughts that are making you anxious out of your head and onto paper so you can relax your mind and make your thoughts feel less daunting.
- + **CONNECT WITH OTHERS:** Talk with others or spend time with friends, family, and pets to give yourself a sense of belonging and self-worth, and to release oxytocin, a natural stress reliever.
- + **MODIFY YOUR BEHAVIOR:** Figure out what are the biggest causes of stress in your life and then ask yourself if there are changes you can make to eliminate or reduce them.
- + **ENGAGE IN POSITIVE THINKING:** Exchange negative thoughts for positive ones to cope with feelings of worry and anxiety. Think about your happy place, what makes you laugh and smile, and what you're grateful for to carry you to a place of calm.




MORNING REFLECTION

DATE ____/____/____

HOURS SLEPT: _____

EXHAUSTED HOW I'D RATE MY QUALITY OF SLEEP: WELL-RESTED
1 2 3 4 5 6 7 8 9 10

MY MOOD THIS MORNING:



GOALS FOR TODAY:

WHAT CAN WAIT:

WHAT I CAN SAY "NO" TO:

STRESSES/WORRIES:

WAYS I CAN CHANGE STRESS TO CALM:

DAYTIME ROUTINE:

HOURS / TIME OF DAY	WORK	SUNLIGHT EXPOSURE	EXERCISE	SELF-CARE/RELAXING	CONNECTING

TOTAL CUPS OF CAFFEINE TODAY: _____ TIME OF LAST CUP: _____

TOTAL ALCOHOLIC DRINKS TODAY: _____ TIME OF LAST DRINK: _____

EVENING REFLECTION

LOW-STRESS HOW I'D RATE MY STRESS LEVEL TODAY: HIGH-STRESS

1 2 3 4 5 6 7 8 9 10

THINGS THAT MADE ME FEEL STRESSED/ANXIOUS TODAY:

THINGS THAT MADE ME FEEL CALM TODAY:

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> EXERCISE | <input type="checkbox"/> VISUALIZING | <input type="checkbox"/> TALKING TO SOMEONE |
| <input type="checkbox"/> YOGA | <input type="checkbox"/> AROMATHERAPY | <input type="checkbox"/> TIME WITH FRIENDS/FAMILY |
| <input type="checkbox"/> MEDITATION | <input type="checkbox"/> A HEALTHY MEAL | <input type="checkbox"/> TIME WITH A PET |
| <input type="checkbox"/> JOURNALING | <input type="checkbox"/> COUNTING TO 10 | <input type="checkbox"/> BEING PRESENT/MINDFUL |
| <input type="checkbox"/> DEEP BREATHS | <input type="checkbox"/> LAUGHING | <input type="checkbox"/> GRATITUDE/POSITIVE SELF-TALK |
| <input type="checkbox"/> FRESH AIR | <input type="checkbox"/> DOWN TIME | <input type="checkbox"/> OTHER: _____ |

THIS HAS HELPED ME FEEL MOST CALM TODAY:

SOMETHING I'M GRATEFUL FOR:

THOUGHTS TO LET GO OF:

A CALMING WORD OR MANTRA:



MORNING REFLECTION

DATE ___/___/___

HOURS SLEPT: _____

EXHAUSTED	HOW I'D RATE MY QUALITY OF SLEEP:										WELL-RESTED
1	2	3	4	5	6	7	8	9	10		

MY MOOD THIS MORNING:



GOALS FOR TODAY:

WHAT CAN WAIT:

WHAT I CAN SAY 'NO' TO:

STRESSES/WORRIES:

WAYS I CAN CHANGE STRESS TO CALM:

DAYTIME ROUTINE:

HOURS / TIME OF DAY	WORK	SUNLIGHT EXPOSURE	EXERCISE	SELF-CARE/RELAXING	CONNECTING

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EVENING REFLECTION

LOW-STRESS: HOW I'D RATE MY STRESS LEVEL TODAY: HIGH-STRESS

1 2 3 4 5 6 7 8 9 10

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- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> EXERCISE | <input type="checkbox"/> VISUALIZING | <input type="checkbox"/> TALKING TO SOMEONE |
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THIS HAS HELPED ME FEEL MOST CALM TODAY:

SOMETHING I'M GRATEFUL FOR:

THOUGHTS TO LET GO OF:

A 'CALMING' WORD OR MANTRA:

