

Bluebird Pages

Daily Stress Assessment Form

This page can help you track your stress levels each day, and the triggers to your stress. You can print it out and make a bunch of copies. As you fill it out each day, note the day of the week, times of day, settings and events that cause you more or less stress, and who was around, or if you were alone. You can also keep track of which techniques you tried to manage your stress, and which were most helpful. On the area for Notes at the bottom of the Form, you can write down any patterns that you notice in your stress reactions, and stress management effectiveness.

Date _____

Day of the Week _____

Average stress level for the day (on a scale of 0 to 10, with 10 being the highest) _____

Techniques/activities you tried to feel better _____

Were they helpful? _____

Were there any peaks of high stress? _____

If Yes, describe what was going on at that time:

Were there any valleys of no/low stress? _____

If yes, describe what was going on at that time:

Notes: (did you notice anything about today that can help you control your stress?)
