

DAILY STRESS MANAGER

TODAY'S STRESS
MANAGEMENT GOAL

TODAY'S MUST-DO TO
ACCOMPLISH THIS GOAL

1.

2.

3.

4.

5.

SYMPTOMS OF
UNMANAGED STRESS

SLEEPING TOO MUCH OR NOT ENOUGH
MUSCLE TENSION OR ACHES
HEADACHES
GASTROINTESTINAL DISTRESS
FATIGUE/TIRED/LOW ENERGY
HEART RATE UP
BLOOD PRESSURE UP
NERVOUSENESS
ANXIETY
CHANGES IN EATING HABITS
LOSS OF ENTHUSIASM
CRANKY, IRRITABLE
RESTLESS
DIFFICULTY FOCUSING/CONCENTRATING
SOCIAL ISOLATION/WITHDRAWAL
OVERWHELMED
UNMOTIVATED
RACING THOUGHTS
WORRY
MEMORY PROBLEMS
POOR DECISION MAKING
USE/ABUSE ALCOHOL OR DRUGS
POOR EXERCISE/NUTRITION CHOICES
COMPULSING SHOPPING/SPENDING
ENGAGING IN DANGEROUS BEHAVIOR

MY LIST OF STRESS MANAGEMENT TOOLS:

FOCUS ON MANAGING STRESS TODAY.

TODAY'S DATE: