



The Mind Garden
bloom where you're planted

STRESS RESPONSE LOG

DAILY EVENT *reflection*

This activity is essential for understanding and managing emotional and physical reactions to stressors, facilitating effective stress management.

Pause and reflect on various facets of your life, encompassing work, relationships, family, health, and personal commitments. Within each of these domains, take a moment to document specific situations or triggers that have recently led to feelings of stress. These triggers may include recent events, circumstances, or interactions.

Describe the stressful situation

Emotions felt

Physical responses felt

Identify linked negative thoughts





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Coping strategies used to deal with the situation at hand

Effectiveness of the coping strategy used

Impact on daily life

Reflections

