

# APPENDIX B

## Stress log

### Instructions & sample stress log

1. For each day of the week, identify one or two stressful events. In the first column, briefly describe the event that took place. Then, make a note of the thoughts and feelings you were having as the event took place. In the third column, describe how you handled the situation. In the last column, list other possible ways you could have dealt with the situation.
2. Using this template, complete the exercise for an additional week or two. At the end of each week, review your stressful events to see if there are any patterns or consistencies in a) the types of events you find most stressful, and b) the ways you tend to handle these types of stresses.
3. Experiment with your alternative strategies to see if they help reduce the stress in these situations.

## Sample stress log

DATE	WHAT HAPPENED?	WHAT DID I THINK?	HOW DID I FEEL?	WHAT DID I DO?	WHAT WILL I TRY NEXT TIME?
<b>Sunday</b>	<i>Argument with my spouse</i>	<i>“He never understand.”</i>	<i>Upset</i>	<i>Went to sleep</i>	<i>Explain my feelings</i>
	<i>Friends dropped over</i>	<i>“I can’t handle this.”</i>	<i>Tired and overwhelmed</i>	<i>Pushed myself to cook dinner</i>	<i>Order in pizza</i>
<b>Monday</b>	<i>Parent-Teacher Conference</i>	<i>“Why isn’t this school accessible?!”</i>	<i>Angry and sad</i>	<i>Spouse went without me</i>	<i>Ask school for Accommodation</i>

## Your stress log

*Using this template, complete the exercise for an additional week or two.*

At the end of each week, review your stressful events to see if there are any patterns or consistencies in a) the types of events you find most stressful, and b) the ways you tend to handle these types of stresses.

DATE	WHAT HAPPENED?	WHAT DID I THINK?	HOW DID I FEEL?	WHAT DID I DO?	WHAT WILL I TRY NEXT TIME?
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**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**