

## Stress Diary

Date	<i>10<sup>th</sup> Sep</i>				
Where was I?	<i>Eg work</i>				
What was I doing?	<i>Eg working on report</i>				
Who was I with?	<i>Manager arrived</i>				
How did I feel?	<i>worried</i>				
What was I thinking?	<i>I cant do this. They'll sack me.</i>				
What did I start doing?	<i>Bitting nails, restarted report</i>				
What happened Physicially	<i>Breathing faster, Speaking fast, Tense muscles</i>				
Stress Rating 10 highest	<i>7</i>				