Name: Date:

Where's the Stress in Your Life?

It's a good idea to be aware of the stress in your life. For this exercise, you should keep a stress awareness record for four days. About twice a day, fill in the information on any stressful events that have occurred. Under "Type of Stress" indicate whether the event involved frustration, conflict, pressure, change, or some combination. At the end of the week, answer the questions on the back of this handout.

Day	Time	Stressful Event	Type of Stress	Your Reaction