**Stress Log**

**DAY 1** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Stressor | Location | Time | People Present | Describe Feelings / Physical Symptoms |
| *Traffic* | *ABC Highway* | *7.30am* | *NA* | *Frustration, powerless, headache* |
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**Stress Log**

**DAY 2** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| Stressor | Location | Time | People Present | Describe Feelings / Physical Symptoms |
| *Traffic* | *ABC Highway* | *7.30am* | *NA* | *Frustration, powerless, headache* |
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**Stress Log**

**DAY 3** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Stressor | Location | Time | People Present | Describe Feelings / Physical Symptoms |
| *Traffic* | *ABC Highway* | *7.30am* | *NA* | *Frustration, powerless, headache* |
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