

Stress and Coping Diary

Date & Time	Description of Event What was happening, or what was the situation?	Stress Reaction Analysis Describe what you were doing, thinking, and feeling emotionally and physically		Coping Method Identify the specific method(s) you used and describe them
May.15 Morning – 11am	Driving test- I was taking my first N test	Behavioural	Practiced driving	Method: Meditation
		Cognitive	I was thinking I had to pass it	Description: I tried to calm my nerves down by taking deep breaths
		Emotional	I felt scared and nervous	
		Physiological	Butterflies in the stomach, felt stiff, biting my nails and had clammy hands	
May. 15 All day	Camp Interview: I had a phone interview with the person that decides if I get to go to camp or not.	Behavioural	I isolated myself from my family	Method: Exercise and meditation
		Cognitive	What will I do if I don't get in	Description: Since I was stressed after school, I wen to the gym to distract myself, once I was home I took deep breaths to calm myself down.
		Emotional	I was nervous	
		Physiological	Pacing, clammy hands, butterflies in the stomach, and biting my nails	
May. 17 After lunch	Math test- I had a really had math test	Behavioural	I was very quiet and wasn't talking to people	Method: Training

		Cognitive	I really didn't want to fail the test as-well-as I was thinking about the long weekend	Description: I practice my math for hours the day before, so I knew I knew how to do everything on the test
		Emotional	I was scared to fail and excited to get it over with	
		Physiological	blank mind, and biting nails	

May. 27 7:30- 8:30 am	Late for school: I overslept and was late for school.	Behavioural	I started rushing and was getting frustrated at the smallest things	Method: Problem solving
		Cognitive	I'm going to miss the bell	Description: I ask my mom to drive me so that I wouldn't have to run to school.
		Emotional	I was angry with myself that I slept in	
		Physiological	I was fidgeting and restless	

May. 27 All day	One section behind in math: I was busy all weekend and was unable to do any math homework and fell behind	Behavioural	I would talk about it all day and procrastinated doing it	Method: Problem solving
		Cognitive	I am going to fall behind and fail math	Description: I made myself a to-do list to make sure I got all my jobs done
		Emotional	I was annoyed I had to do a lot of math	

		Physiological	Headache just thinking about it	
May. 29 After school	Talking about my future: My mom bought me a universities book and we started a talking about which university I should go to	Behavioural	I was getting excited and started talking fast	Method: Problem solving and support group
		Cognitive	This is going to be very stressful next year	Description: I started getting this ready for when I start Applying to university and my mom helped me weigh my opinions and get things prepared
		Emotional	Scared and nervous.	
		Physiological	headache	

After overlooking my stress dairy I notice that there wasn't an very obvious pattern in what stresses me out. I did notice that most of the things that were stressors were quite small. There was nothing that appeared as a very big deal to me. A lot of what stresses me out is school related. Since the school year is coming to an end, everything feels like a big deal and ontop of all my school work I have my grade 12 year to think about. But other than a school related theme to my stress at this time in my life, nothing really stood out.

I find that the one method that I use a lot is the meditation technique. I find it very helpful in everyday situations. Taking a deep breath and looking at things from a calm, relaxed perspective allows me to not only make better decisions but also allows me to focus on my work. I used this method a lot when I was competing in figure skating. You can't get anything done when your whole body is shaking and you can't think straight, so I find taking the time to slow your thoughts and body and clear your mind makes stressful tasks much easier to accomplish.

I definitely didn't notice how many things stress me out on a daily basis, and tracking my stress allowed me to notice it. Since monitoring my stress I have tried to use the methods to help me get through it. The tracking didn't help me with my stress, I still have as many stressors in my life as I did before. Though it didn't help with my stress, it did give me methods to cope and get through it.

