

STRESS JOURNAL

 We often associate food with nurturing. Keep a Stress Journal to identify your stress triggers, how your mind and body react, and how your eating is affected. This awareness can prompt you to reduce these triggers, invoke relaxation techniques, or change the way you think about the situation.

Source: Bauer & Liou, Nutritional Counseling and Education Skill Development.

Name:		Date:	
Time	Stress Triggers	Symptom (how your mind or body reacted)	Eating activities before/during/after stressful feelings
Check all the	at apply: Typical Day Unusual	Day □ Work Day □ Day off	
	nptoms of stress: Muscular tension, hea ating/sleeping patterns, sweaty palms	daches, insomnia, twitching eyelid, fatigue, backaches,	neck/shoulder pain, digestive disorders, teeth grinding
Emotional s	ymptoms of stress: Anxiety, frequent cr	rying, irritability, frustration, depression, worrying, nerv	ousness, moodiness, anger, self-doubt, resentment
Mental symp	otoms of stress: Short concentration, for	rgetfulness, lethargy, pessimism, low productivity, conf	usion
Social symp	toms of stress: Loneliness, nagging, wi	thdrawal from social contact, isolation, yelling at others	, reduce sex drive