

Relaxation Journal

Inner Health Studio

www.innerhealthstudio.com

Date:	Time:
Stressful Situation:	
Stress level before using a relaxation or coping technique (0 - completely relaxed; 10 - total panic):	
0 1 2 3 4 5 6 7 8 9 10	
Symptoms of stress and anxiety (list the symptoms you are experiencing right now):	
Now do a coping or relaxation technique.	
Technique used:	
Stress level after using a relaxation or coping technique (0 - completely relaxed; 10 - total panic):	
0 1 2 3 4 5 6 7 8 9 10	
Result:	
Notes:	

Example

Date: <i>January 1</i>	Time: <i>7:15pm</i>
Stressful Situation: <i>I forgot that I had promised my friend we would meet for dinner, and when I got home there was a message on my machine.</i>	
Stress level before using a relaxation or coping technique (0 - completely relaxed; 10 - total panic): 0 1 2 3 4 5 6 7 8 9 10	
Symptoms of stress and anxiety (list the symptoms you are experiencing right now): <i>Headache, cold hands, stomach upset, feel guilty.</i>	
Now do a coping or relaxation technique.	
Technique used: <i>I phoned my friend to apologize and reschedule, then did progressive muscle relaxation.</i>	
Stress level after using a relaxation or coping technique (0 - completely relaxed; 10 - total panic): 0 1 2 3 4 5 6 7 8 9 10	
Result: <i>I felt much better after resolving the situation and doing the relaxation technique.</i>	
Notes: <i>I think I will write our next dinner date on the calendar.</i>	