

Stress Journal

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Sample

EVENT	STRESS RATING	EMOTIONS	THOUGHTS	BODY SENSATION	SPACE Plan	I CARE Plan
Morning Routine	7/10 Fight State	Irritated	I want to run away	Tense Heart racing	Feel it, Shake it out, Breathe	Water, breakfast, breathing
Play time	0/10 Safety State	Loving, calm, playful, amused	I love being with my baby	Relaxed, Smiling	Feel it	Aware of emotions
Baby Class	9/10 Freeze State	Overwhelmed, detached	I want to disappear	Low energy hard to speak	Stand up and sway with baby	Aware of emotions

