

MOOD LOG

Everyday life may involve stressful experiences. The stress response is normal and a survival mechanism that helps us respond to threats. Some stress can be positive like the excitement felt when you have a new baby. It may feel stressful, but it can also be enjoyable and satisfying. When stressors are negative and can't be avoided like an unexpected layoff or a medical crisis, our body's responses can impair our physical and mental health.¹

You are taking control of your health when you manage your stress. Complete this mood log each day to track how well you're managing.

Rate your stress levels from 1 to 5:

1 = No stress 2 = Mild stress 3 = Moderate stress 4 = High stress 5 = Very high stress

	Morning	Evening	Average
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

If you're getting mostly 3's and above, you might want to consider seeking help from your PCP to get connected with a counselor or therapist.

¹ <https://www.apa.org/topics/stress/tips>