

Finding Balance

Week 2: Your stress journal



Write it down to let it out

Last week, we asked you to rate your overall stress level and think about where your stress comes from. This week, you're going to get a little bit more specific by writing about a single stressful situation and taking a look at how you reacted to it.

Tracking your response to stress can make it easier to spot patterns – the first step toward identifying what you'd like to change. Try to write in your stress journal at least once a week throughout the Finding Balance program. The more you write, the more you'll get out of it.

 **Open your stress management workbook and start the week 2 activity.**



Tip: Don't carry the weight of stress

[Watch this video](#) to see how constant stress can weigh you down over time – and learn how you can lighten the load.