

Tier 1: ROOKIE - Monthly Stress Management Journal

How to Use Your Monthly Stress Management Journal

1. Start with the Monthly Overview

- Rate your starting stress level (1-10).
- List top 3 stressors and 3 coping strategies.
- Set 1-3 personal goals for stress management.

2. Complete Daily Logs

- Reflect daily on your stress level, mood, sleep, meals, movement, and main events.

3. Weekly Check-Ins

- Review what triggered stress and what coping methods helped.
- Adjust strategies for the next week.

4. Monthly Reflection

- Identify key lessons and successes.
- Set new goals for the next month.

After Completion:

- Review your entries and celebrate your progress!

Tier 1: ROOKIE - Monthly Stress Management Journal

Welcome to Your 31-Day Stress Management Journal

This journal is designed to help you track and manage your stress levels over the course of a full month. Use it daily to build awareness, reflect on progress, and learn which strategies support your mental well-being best.

Monthly Overview

Starting Stress Level (1-10): _____

Top 3 Stressors:

1. _____

2. _____

3. _____

Coping Strategies to Focus On:

1. _____

2. _____

3. _____

Stress Management Goals:

1. _____

2. _____

3. _____

Week 1 Check-In

Overall Stress Level This Week (1-10): _____

Main Stress Triggers:

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- _____

- _____

Physical Symptoms Experienced:

- _____

Coping Methods Used:

- _____

What Worked Well:

- _____

What Didn't Work:

- _____

Week 2 Check-In

Overall Stress Level This Week (1-10): _____

Main Stress Triggers:

- _____

- _____

Physical Symptoms Experienced:

- _____

Coping Methods Used:

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- _____

What Worked Well:

- _____

What Didn't Work:

- _____

Week 3 Check-In

Overall Stress Level This Week (1-10): _____

Main Stress Triggers:

- _____

- _____

Physical Symptoms Experienced:

- _____

Coping Methods Used:

- _____

What Worked Well:

- _____

What Didn't Work:

- _____

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Week 4 Check-In

Overall Stress Level This Week (1-10): _____

Main Stress Triggers:

- _____

- _____

Physical Symptoms Experienced:

- _____

Coping Methods Used:

- _____

What Worked Well:

- _____

What Didn't Work:

- _____

Week 5 Check-In

Overall Stress Level This Week (1-10): _____

Main Stress Triggers:

- _____

- _____

Physical Symptoms Experienced:

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- _____

Coping Methods Used:

- _____

What Worked Well:

- _____

What Didn't Work:

- _____

Daily Log - Day 1

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 2

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Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 3

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

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Daily Log - Day 4

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 5

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

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Daily Log - Day 6

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 7

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 8

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 9

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 10

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 11

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 12

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 13

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 14

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 15

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 16

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 17

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 18

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 19

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 20

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 21

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 22

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 23

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 24

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 25

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 26

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 27

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

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Daily Log - Day 28

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 29

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Tier 1: ROOKIE - Monthly Stress Management Journal

Daily Log - Day 30

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

Daily Log - Day 31

Stress Level (1-10): _____

Mood Today: _____

Sleep Quality (Hours Slept): _____

Meals and Hydration: _____

Exercise/Movement: _____

Today's Main Events:

- _____

What Helped Me Today:

- _____

Reflection and Thoughts:

- _____

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Monthly Reflection

Top Stressors This Month:

- _____

Most Helpful Coping Tools:

- _____

Biggest Lessons Learned:

- _____

Goals for Next Month:

1. _____

2. _____

3. _____