

Stress Audit Diary

Time	How stressed do you feel? (1 to 10)	How happy do you feel? (1 to 10)	Are you enjoying what you're doing?	How effectively are you working? (1 to 10)	Notes

Free resource associated with [Stress management Skills Training Course](#), ISBN 9781849370028

© Kathryn Critchley 2010, www.UoLearn.com