

# MOOD LOG

Everyday life may involve stressful experiences, so the stress response is normal and a survival mechanism that helps us respond to threats. Some stress can be positive like giving a speech. 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.<sup>1</sup>

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
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

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