



Divine Solutions for Life, Inc.

Holistic Solutions for Your Mental, Spiritual, and Physical Well-being

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A 501(c)(3) Nonprofit Organization

STRESS TRACKER

PURPOSE

Stress often feels unpredictable, but it usually follows patterns. By tracking stress daily, you can begin to identify triggers, body signals, and coping strategies. This awareness helps you respond more effectively and reduce stress over time.

WHY TRACKING STRESS HELPS

- Increases awareness of what situations, people, or thoughts cause stress.
- Connects the mind and body, showing how stress impacts you physically and emotionally.
- Reveals patterns over time that may not be obvious day-to-day.
- Highlights what works, so you can build a personalized stress management plan.

HOW TO USE THIS TRACKER

1. Daily Entry: Fill out at least one row per day, even if your stress was low.
2. Identify Triggers: Write down the situation or thought that caused stress.
3. Notice Physical Signs: Record how your body reacted (tight chest, headache, stomach upset, etc.).
4. Name Emotions: Identify feelings (anxious, irritable, sad, frustrated).
5. Coping Strategies: Write down what you tried (deep breathing, prayer, walk, journaling).

6. Relief Rating: Use a 1–5 scale (1 = no relief, 5 = very effective).

7. Weekly Review: At the end of the week, reflect:

- Which triggers are most common?
- What physical signals show up first?
- Which coping strategies worked best?

TIPS FOR SUCCESS

- Be honest — tracking is for your awareness, not judgment.
- Pair coping strategies with scripture (e.g., reading Psalm 46:1 when feeling overwhelmed).
- Celebrate small wins: even lowering stress from a “5” to a “3” is progress.
- Share patterns with your counselor, pastor, or accountability partner.

REFLECTION SCRIPTURE

“Cast your cares on the Lord and He will sustain you.” – Psalm 55:22

STRESS TRACKER TOOL

Date	Stress Trigger	Physical Signs	Emotions Felt	Coping Strategy Used	Relief Level (1-5)
Example	Meeting at work	Tight chest, headache	Anxious, irritable	Deep breathing, short walk	3

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