



Daily Worry Log – Stress Management

A structured tool to help identify, track, and manage daily worries to reduce stress and improve mental well-being.

1. Personal Details

Name: _____

Date: _____

2. Worries of the Day

Write down any worries or stressful thoughts you experienced today:

Worry/Thought	Trigger/Context	Intensity (0–10)	Thoughts/Beliefs About It
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Notes:

3. Impact on Mood and Body

How did this worry make you feel? Tick or describe:

Emotions:

- ☐ Anxiety
- ☐ Sadness
- ☐ Irritability
- ☐ Frustration
- ☐ Helplessness
- ☐ Guilt
- ☐ Fear

Other: _____

Physical Sensations:

- ☐ Headache
- ☐ Tension
- ☐ Fatigue
- ☐ Upset stomach
- ☐ Heart racing
- ☐ Restlessness

Other: _____

4. Coping Strategies Used

What did you do to manage the worry?

- ☐ Deep breathing
- ☐ Meditation / mindfulness
- ☐ Exercise or walk
- ☐ Talked to someone supportive
- ☐ Journaling
- ☐ Prayer / spiritual practice
- ☐ Grounding techniques
- ☐ Distraction / hobby
- ☐ Professional help

Other: _____

Effectiveness (0–10): _____

5. Reflection

- What did I learn about my worries today?
-

- Were my worries realistic or exaggerated?
-

- How can I respond differently if a similar worry appears tomorrow?
-
-

6. Gratitude or Positive Note

List one small thing that helped you feel calm or positive today:

7. Evening Check-In

- Did I practice self-care today? [] Yes [] No
 - How do I feel right now? _____ /10
 - One thing I can do tomorrow to manage stress better:
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Tip: Use this log daily to identify patterns, triggers, and effective coping strategies. Over time, it will help reduce anxiety, improve emotional regulation, and build resilience.

