

TOTAL WELLBEING ON-DEMAND

FIND YOUR CENTER: STRESS TRACKER



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Stress Tracker

Take control of your stress with a mindful minute. Use the tracking sheet to help identify your stressors and stress level and record the techniques you tried. Complete at least 5 techniques throughout the month to earn Wellbeing Tickets!

DATE	STRESSOR	STRESS LEVEL Rate your stress 1-5 1 = little to no stress 5 = great deal of stress	STRESS MANAGEMENT TECHNIQUE What technique did you use or try to manage your stress?
4/5/2024	Project due at work	3	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Meditation/Mindfulness <input type="checkbox"/> Exercise <input type="checkbox"/> Other _____
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