



## Stress Trigger Log

*Spot your patterns: what sets off stress, how your body reacts, and what helps.*

Stress is easier to manage once you can see it clearly. Tracking your triggers — the situation, your earliest body cues, the thoughts that followed, and what helped — turns a vague sense of overwhelm into a pattern you can work with. After a week or two you'll likely spot recurring triggers and learn which coping moves actually work for you.

### This week's log

Trigger / situation	Body cues	Thoughts	What I did / what helped

*Body cues are often the earliest warning — a clenched jaw, shallow breathing, a knot in your stomach.*