

## Stop Stress Now! Relieve Stress & Reclaim your Life with the Stress Equation

Use this log as a day-to-day tool for stress management. Check in with your feelings, needs and desires as often as you can -- ideally every hour! Do your best, and don't stress out if you get to it every 2-3 hours. And obviously don't wake yourself up in the middle of night to do your log!

This is an awareness tool. Logging is all you have to do. You're checking in with yourself, and that's it. As you're developing this habit of self-reflection, you're automatically creating strong stress-management neural pathways in your brain (yeah!). Don't worry about addressing your feelings, needs and desires unless you're compelled to do it.

The Stress Equation Log							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 am	Feeling:						
	Need:						
	Desire:						
6 am	Feeling:						
	Need:						
	Desire:						
7 am	Feeling:						
	Need:						
	Desire:						
8 am	Feeling:						
	Need:						
	Desire:						
9 am	Feeling:						
	Need:						
	Desire:						
10 am	Feeling:						
	Need:						
	Desire:						
11 am	Feeling:						

**Stop Stress Now! Relieve Stress & Reclaim your Life with the Stress Equation**

	Need:						
	Desire:						
<b>Noon</b>	Feeling:						
	Need:						
	Desire:						
<b>1 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>2 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>3 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>4 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>5 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>6 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>7 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>8 pm</b>	Feeling:						
	Need:						

**Stop Stress Now! Relieve Stress & Reclaim your Life with the Stress Equation**

	Desire:						
<b>9 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>10 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>11 pm</b>	Feeling:						
	Need:						
	Desire:						
<b>Midnight</b>	Feeling:						
	Need:						
	Desire:						
<b>1 am</b>	Feeling:						
	Need:						
	Desire:						
<b>2 am</b>	Feeling:						
	Need:						
	Desire:						
<b>3 am</b>	Feeling:						
	Need:						
	Desire:						
<b>4 am</b>	Feeling:						
	Need:						
	Desire:						