**Stress Journal Activity**

**You Should All Have At Least 10 Stress Journal Entries**

Now it is time to do something with those. For each one of the entries, go through and find the following things, if there was a specific type of stress. If it was simply “normal” stress. What coping mechanism you used to deal with that stress. If that stress has been acute or chronic, and if the stress does leave, or whether or not it stays. You will be asked to share one of these. After completion of this, see if you can find what things are stressing you out the most, or if there is a single factor in your stress, and what coping mechanism you most predominately use. Also explain how one of the stressors that you explain could lead you down a road to depression if you are not careful.

**Following are Guide Lines For the Length of Each Section**

**1-10 Journal Entries**

Answers should be 4 to possibly 5 Sentences.

- Type of Stress
- Coping Mechanism
- Acute or Chronic Stress
- Whether or not the stress leaves or stays

**Paragraph Completion**

**7 to 9 Sentences**

What single factor stress you the most, or which one impacts you the most. What coping mechanism you use the most and why you believe you use that. How the stress factor you chose could lead you down a path to depression.