

Relaxation Diary: Stress Evaluation

Please rate your stress level from 1 to 10 in this moment: _____



- 1 = Not at all stressed _____
- 5 = Moderately stressed _____
- 10 = Terribly stressed _____

DATE	STRESS	COMMENTS (why I felt this way, etc.)
	Before: _____ After: _____	
	Before: _____ After: _____	
	Before: _____ After: _____	
	Before: _____ After: _____	
	Before: _____ After: _____	
	Before: _____ After: _____	
	Before: _____ After: _____	

Activity: Mindful Breathing



Stress Rating Before Exercise

Please rate your stress level from 1 to 10 in this moment: _____

1 = Not at all stressed _____

5 = Moderately stressed _____

10 = Terribly stressed _____

Instructions for Mindful Breathing (do at least 10 breaths)

- Find a comfortable seat
- Take a deep slow breath in through your nose for a count of 5
- Feel your abdomen expand as you do this
- Breathe out slowly through your mouth for a count of 5
- Breathe in again, making every breath slow and steady and exactly like the one before it

If You are Unable to Practice This Method of Mindful Breathing:

Alternatives can be found at www.optimalagingcenter.com/bright Please select one you can do and complete the Relaxation Diary using that method.

Stress Rating After Exercise

How would you rate your stress level now? _____

Questions to Explore

1. Did your level of stress change?
2. What was this experience like for you?
3. Can you think of a specific event when this technique might have been helpful during a stressful caregiving situation?