

Where I'm At Today

Draw a *star* and put *today's date* anywhere along the continuum to show today's level of stress:



Today my stress/lack of stress level feels like (place a star next to all that apply):

Anger

Tension

Calm

Sadness

Nervousness

Happiness

Frustration

Anxiety

Relaxation

Fear

Excitement

Optimism

List any other words that describe your stress today: