**Stress/anxiety/feeling low record sheet**

* Make a note of all the times you feel stressed/anxious/low during the week; your thoughts were; what it was that caused you to feel stressed/anxious/low; how did it affect you; did you react or respond to the situation and how did your body feel? See if you can notice a regular trigger.

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| **What was it that caused you to feel stressed/anxious/low?** | **How did it affect you?** | **Did you react or respond to the situation?** | **How did your body feel?** | **Additional comments** |
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