**Stress Management Log**

DATE:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Progressive Relaxation** | **Breath Awareness** | **Meditation** | **Other Tools** | **Total Time** |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |
| Weekly Total: | | | | |  |

NOTES:

**Stress Management Log**

DATE:

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| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
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| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |
| Weekly Total: | | | | |  |

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