



EUSTRESS MOOD

JOURNALING

WORKSHEET

Rachael Kable

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Hello and welcome to this fun and powerful worksheet!

In episode 219 of The Mindful Kind podcast, I talked about eustress (a positive form of stress) and how mood journaling could help you understand your experiences with eustress better.

Below, you'll find the journaling prompts I recommend to help you explore eustress and use it to your advantage.

Let's dive in!

Think about the last time you experienced eustress. *It tends to occur when you deal with a challenge you're excited about or feel capable of completing. For example, traveling, buying a home, working on an interesting project, or learning a new hobby.*

What was the eustress trigger (what event, person, or challenge made you feel a positive amount of stress)?

What did eustress physically feel like?

What thoughts were going through your mind during your experience of eustress?

How would you describe your overall mood?

Did any other emotions arise (apart from eustress)?

What were the benefits of experiencing eustress (for example, perhaps you felt motivated or you prepared better)?

How quickly did the eustress disappear?

How did you feel after the experience of eustress?

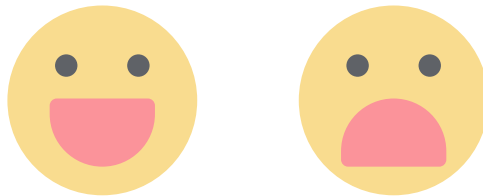
Did you do anything to support yourself during your experience of eustress (or after)?

What could you do better next time?

Looking at your experiences, what are the main differences between eustress and distress?

Describe other potential triggers of eustress in your life?

How could you use eustress to your advantage in the future?



CONGRATULATIONS!

»»» → You have completed the ← «««
Eustress Mood Journaling Worksheet!