

Centre intégré
universitaire de santé
et de services sociaux
de l'Est-de-
l'Île-de-Montréal

Québec



CENTRE FOR STUDIES
ON HUMAN STRESS
(CSHS)



CENTRE
DE RECHERCHE
DE L'IUSMM

CENTRE AFFILIÉ À
L'UNIVERSITÉ DE MONTRÉAL



DESTRESS FOR
SUCCESS

- STUDENT LOGBOOK -

Honor Code:

“I will respect the logbook of others, and will create an atmosphere that promotes honor and trust.”

Your name: _____

Date: _____

LOGBOOK 1

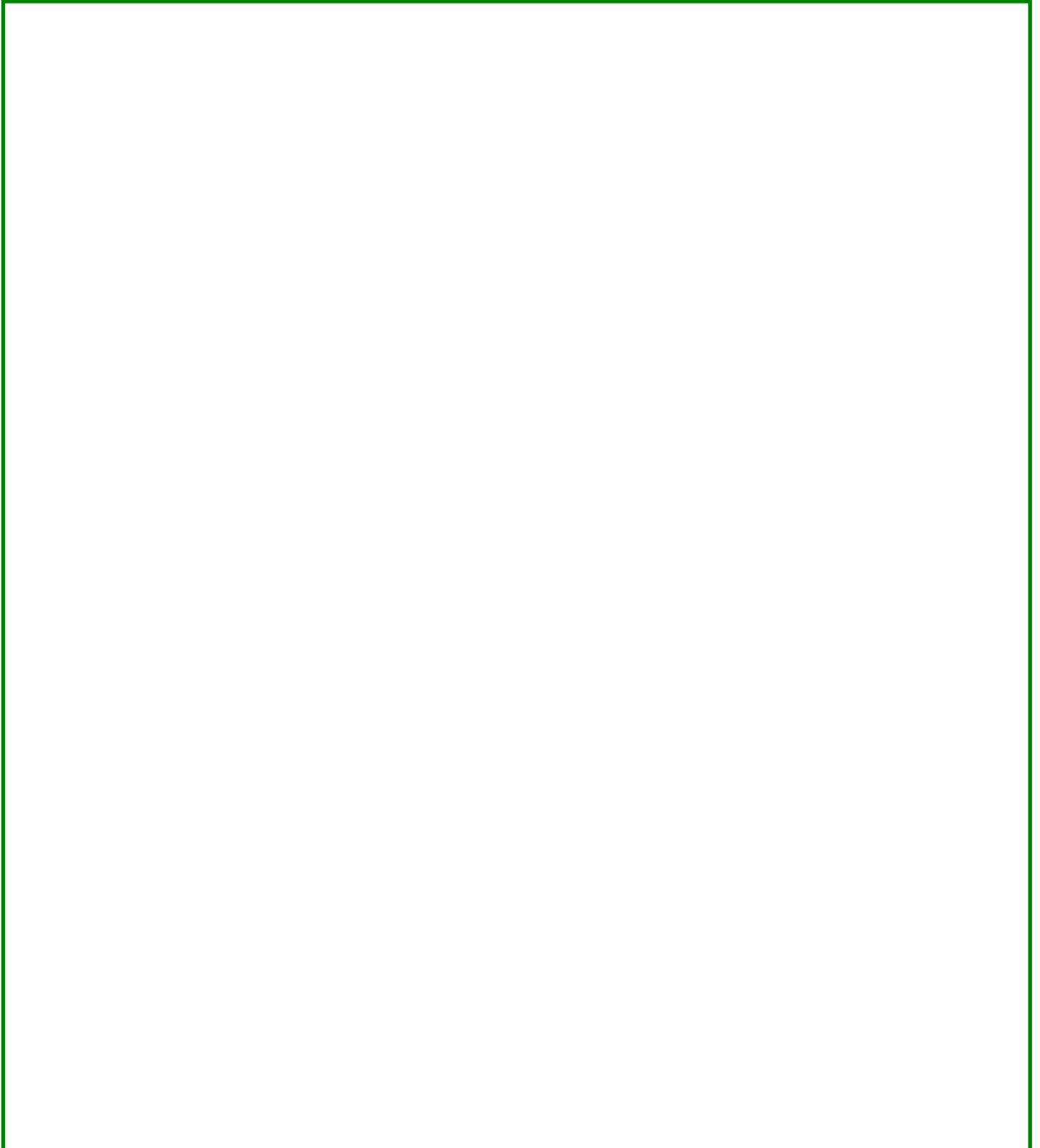
Did anything stressful happen today?

If yes, what happened? Make a list of all the things that made you feel stressed. Beside each situation that made you stressed, circle which element(s) of the N.U.T.S. model it included.

1. _____
New Unpredictable Threat to Ego Sense of Control(low)
2. _____
New Unpredictable Threat to Ego Sense of Control(low)
3. _____
New Unpredictable Threat to Ego Sense of Control(low)
4. _____
New Unpredictable Threat to Ego Sense of Control(low)
5. _____
New Unpredictable Threat to Ego Sense of Control(low)
6. _____
New Unpredictable Threat to Ego Sense of Control(low)
7. _____
New Unpredictable Threat to Ego Sense of Control(low)
8. _____
New Unpredictable Threat to Ego Sense of Control(low)

9. _____
New Unpredictable Threat to Ego Sense of Control(low)
10. _____
New Unpredictable Threat to Ego Sense of Control(low)
11. _____
New Unpredictable Threat to Ego Sense of Control(low)
12. _____
New Unpredictable Threat to Ego Sense of Control(low)
13. _____
New Unpredictable Threat to Ego Sense of Control(low)
14. _____
New Unpredictable Threat to Ego Sense of Control(low)
15. _____
New Unpredictable Threat to Ego Sense of Control(low)

Your Space: Draw, write, doodle...do anything you like to relieve your stress.

A large, empty rectangular box with a thin green border, intended for drawing, writing, or doodling to relieve stress.

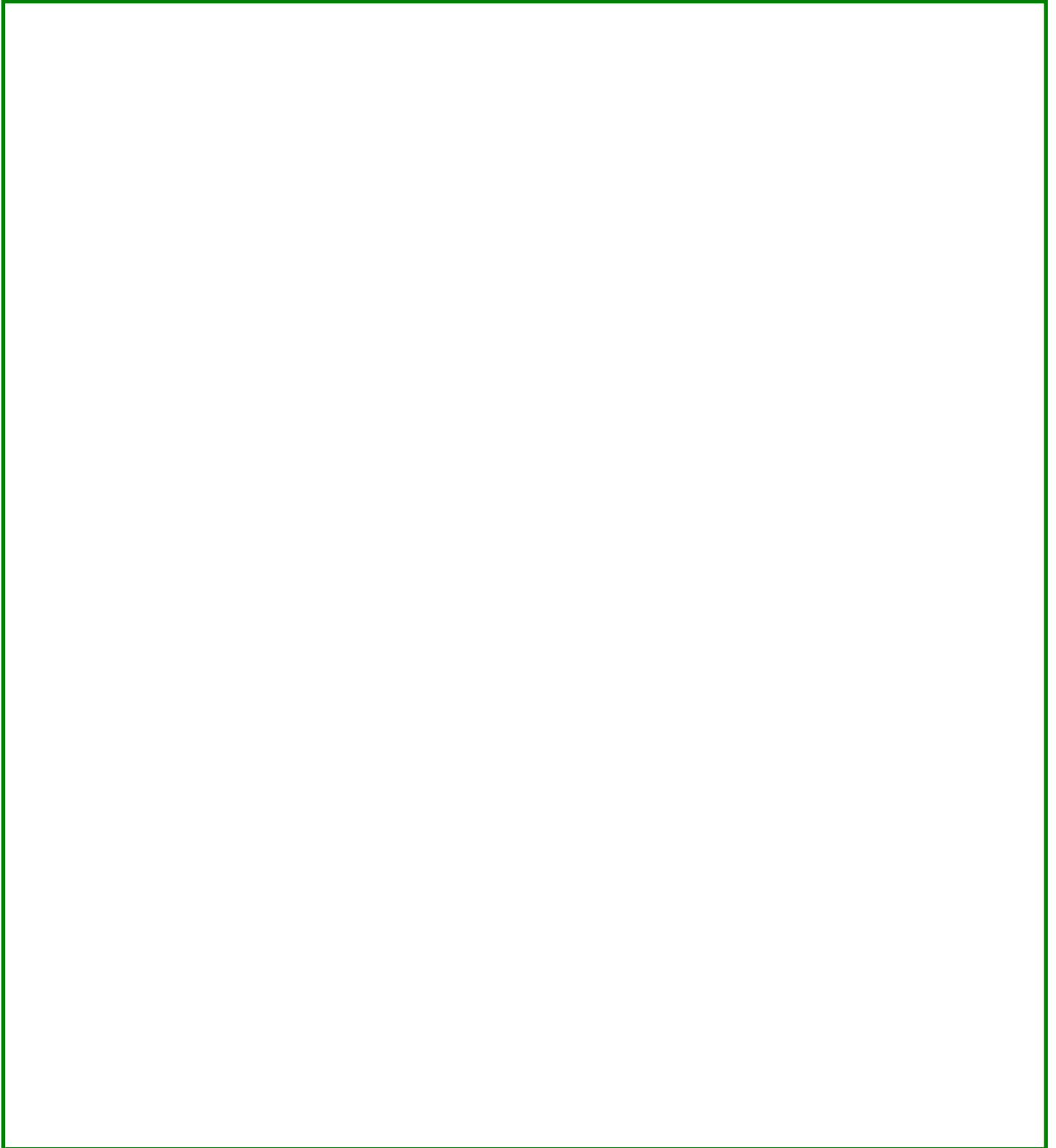
LOGBOOK 2

Identify stressor – an event, person or situation that causes you stress. Next to each stressor, explain how your body reacted to the stressor.

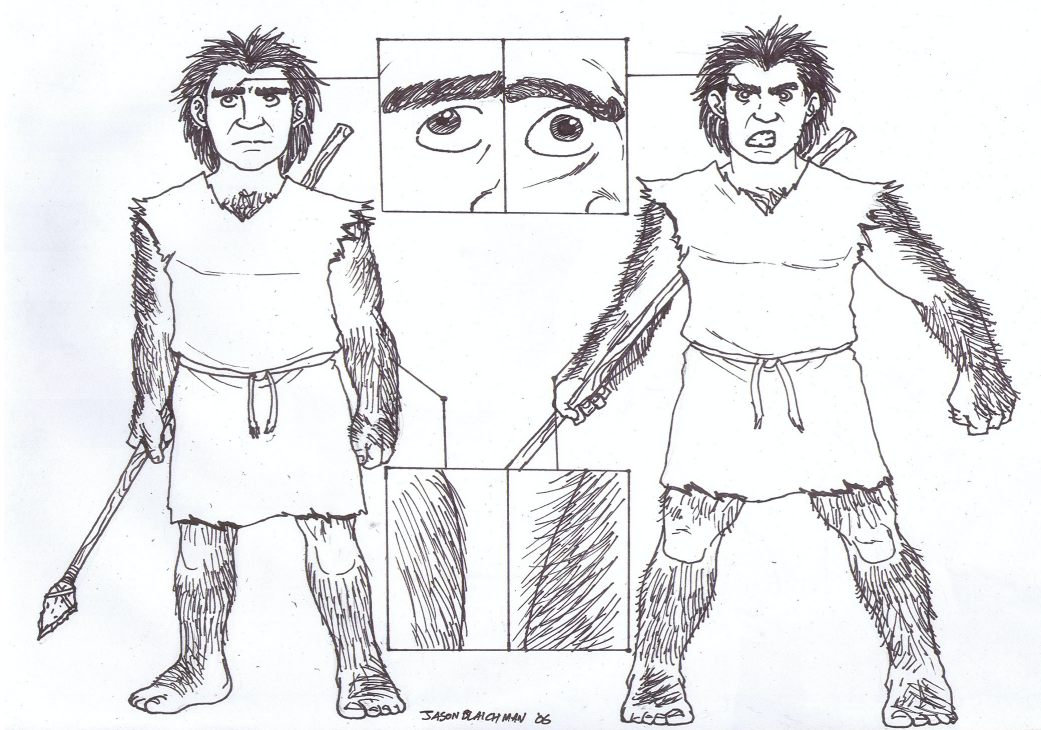
What made you feel stressed?	How did your body react to the stressful event?
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Your Space: Draw, write, doodle...do anything you like to relieve your stress.

A large, empty rectangular box with a thin green border, occupying the lower two-thirds of the page. It is intended for a person to draw, write, or doodle in to relieve stress.

How your body reacts to stress



Ways your body responds to a stressful situation:

- **Pupils dilate** (become larger) so that we can see more clearly
- **Hair stand up** – making us appear larger in order to scare off our opponent
- **Heart rate increases** – so that we can pump more blood to the muscles
- **Breathing speeds up** – so that there is more oxygen
- **Sweat glands open** – allowing body to cool when over-worked
- **Muscles tighten**
- **Stomach ache** – digestion slows down

Ways to deal with stress

Quick-fix:

- **Take time for yourself :** Read a book, listen to music, take a walk
- **Practice Goodwill:** Start a chain of goodwill, become a volunteer, open the door for strangers
- **Laugh:** Tell jokes with your friends, read comics in the newspaper, go to a comedy show or funny movie
- **Exercise:** Allow yourself to vent and let off steam by doing some physical exercise – run, ride your bike...etc.
- **Put on the breaks - belly breathing:** Sing, take deep breaths

Long-term:

- **Break down the problem:** Remember N.U.T.S.
- **Plan B:** Have a back-up plan if your first solution doesn't work out

LOGBOOK 3

Identify stressor – an event, person or situation that causes you stress. Next to each stressor, explain how your body reacted to the stressor. This time, also write down how you lost your energy.

Stressor	How do you know you are stressed?	How did you lose the energy?
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Your Space: Draw, write, doodle...do anything you like to relieve your stress.

LOGBOOK 4

Identify the stressor. For each stressor, identify which elements of N.U.T.S. were present by placing a check mark in the appropriate column. Write down number pertaining to the coping strategy you used to deal with the stressor.

Did the strategy work? Yes or No. If you answered 'NO', did you have a plan B (C, D...)? If so, explain.

Stressor	N	U	T	S	Strategy used	Did the strategy work? YES/NO	Did you have a back-up plan? (Plan B)
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							

Stressor	N	U	T	S	Strategy used	Did the strategy work? YES/NO	Did you have a back-up plan? (Plan B)
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							
21.							
22.							

Your Space: Draw, write, doodle...do anything you like to relieve your stress.

Social Support Tree

On the leaves of your “Social Support Tree”, write down names of people who you consider a source of social support.

