

ACTIVATION Worksheet

| Time | Main things you did | Rate your enjoyment (1 = none, 10 = lots) | Rate your stress (1 = none, 10 = lots) |
|----------|---------------------|--|---|
| 5 – 7 am | | | |
| 7 – 8 | | | |
| 8 – 10 | | | |
| 10 – 12 | | | |
| 12 – 1 | | | |
| 1 – 3 pm | | | |
| 3 – 6 pm | | | |
| 6 – 9 pm | | | |
| 9 + pm | | | |

INSTRUCTIONS:

1. Please complete this Stress and Resilience Diary for a recent day.
 - If your days are vastly different (Clinic versus OR versus Admin or Research half days) then fill out a sheet for a recent day in each of your main settings.
2. Look for patterns.
 - What were the things you did that triggered positive feelings and things that triggered negative feelings?
 - Did you capture ones from your typical days? If not, fill out an additional sheet to reflect this.