Exercise: Tracking Your Emotions

This is a simple exercise that can provide you with a meaningful overview of how you are affected by stressors at work. Gaining insight into your emotional triggers can be an important first step toward enhancing your abilities to manage your reactions and those of workers.

Pay special attention to your emotional state throughout one full work week. If possible, do an "emotion check-in" every hour, on the hour. Label any emotions you are experiencing at these moments, and try to make a brief note of their causes. Be specific and precise (e.g., stressed – performance reviews due today, relieved – finished project on time, angry – disappointed by worker's performance).

Notice how your emotional state (quality and intensity) changes throughout the course of the day and the week. Make a note of any trends or other items of interest.

Time (try to make an hourly entry, with the first entry being the time you start work)	**Date:** _____	**Date:** _____	**Date:** _____	**Date:** _____	**Date:** _____