



# Bear Clan, LLC

Empowering Balanced and Transformative Lives

## Tracking Stress



- 5 **Maximum Stress:**  
No ability to self-control feelings, thoughts, and behaviors. Can't access planning, values, beliefs, etc.
- 4 **Critical Stress:**  
On the edge of overwhelmed. Trouble thinking, trouble controlling behavior.
- 3 **High Stress:**  
Feelings and behaviors are difficult to control but still able to think before acting or speaking.
- 2 **Medium Stress:**  
All physical and mental functions are relaxed but are ready for peak performance.
- 1 **Low Stress:**  
All physical and mental functions are so totally relaxed that you're meditating, relaxing, or asleep.

Tracking your stress strengthens your inner Chief. The Chief's executive skills include being skilled at monitoring your own feelings, thoughts, and behaviors. Accurate reporting is also a Scout skill.

| Week of        | Highest Score | How was that high score triggered?   |
|----------------|---------------|--|
| Sunday:<br>/ / | Today         | For example, what did someone else say or do that you reacted to? OR Was it something you thought? Something else? |
| Sunday         |               |  |
| Monday         |               |  |
| Tuesday        |               |  |
| Wednesday      |               |  |
| Thursday       |               |  |
| Friday         |               |  |
| Saturday       |               |  |