



## STRESS REMEDY PROGRAM

# JOURNAL

Journaling is an excellent way to keep track of how you are feeling and changes during the program. I provided questions below to help you get started as well as a journal page that you can print.

How do you feel?

What changes have you noticed?

Which symptoms are disappearing?

Are you having any withdrawal symptoms?

If so, what are they?

How are you sleeping?

How is your energy level?

How is your mood?

