### Worksheet1

The table below is an example of a possible learning diary. Alternatively, a video diary can also be maintained. In this case, the date, the stress situation, the trigger, and the coping strategy should be documented.

| **Date** | **Stress Situation** | **Trigger** | **Coping Strategy** |
| --- | --- | --- | --- |
| 2023-09-25 | Preparation for a challenging exam | Feeling overwhelmed by the amount of material | Break down study sessions into smaller tasks; take short breaks for relaxation. |
| 2023-10-03 | Group project deadline approaching | Team members not contributing equally | Communicate concerns with team members; discuss workload distribution. |
| 2023-10-15 | Technical issues during an online lecture | Frustration due to disruptions | Take a short break to troubleshoot; inform the instructor about the issue. |
| 2023-10-22 | Balancing work and personal life | Feeling stressed about time management | Prioritize tasks; allocate specific time for work, study, and relaxation. |
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