worksheet

My stress bucket

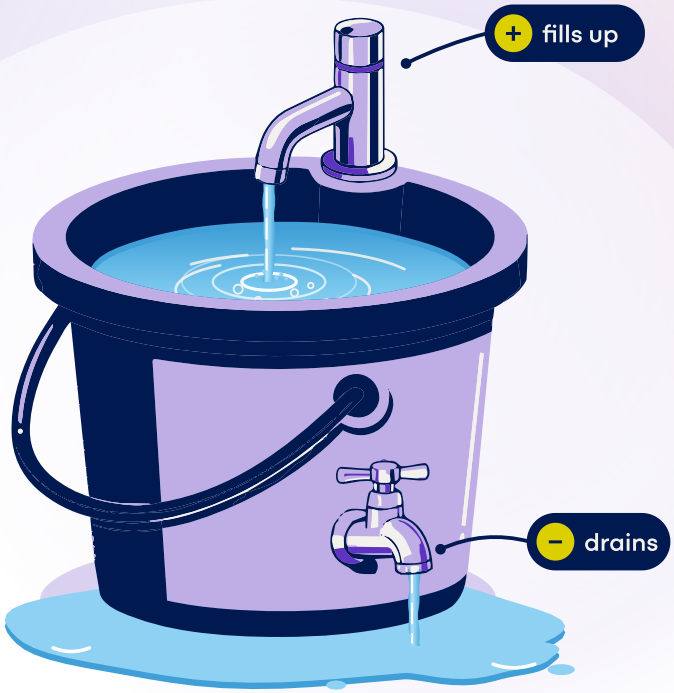
Think about what fills your bucket up, and what helps it drain.

Spurgeons Digital Family Hub

+ What fills it up?

Things that add to my stress

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



− What helps it drain?

Things that help me feel calmer

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

If stress feels too much, talk to someone you trust or your GP.