



## Stress bucket

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**T**aps represent pressures and tensions that we feel.

**A**ctivities and situations can increase our stress levels.

**P**ressure can build up slowly over time or sometimes all at once!

**S**ize of the bucket represents the amount of stress we can manage.

**V**alves represent coping strategies.

**A**ctivities to burn off energy and anger – running, walk in nature etc.

**L**etting off steam – talking/arts and crafts or writing etc.

**V**anquish the feelings of overwhelm – journalling/solution building.

**E**ase yourself back into control – then you can tackle the problem/s.

**S**tress can be relieved in diverse ways – find what works for you.



