

## Stress bucket

A stress bucket is a way of identifying and managing the stress you're dealing with, and recognising what helps empty your bucket (release your stress load).

Relaxing and enjoyable activities help relieve stress- so these are the 'taps' that help empty your bucket.

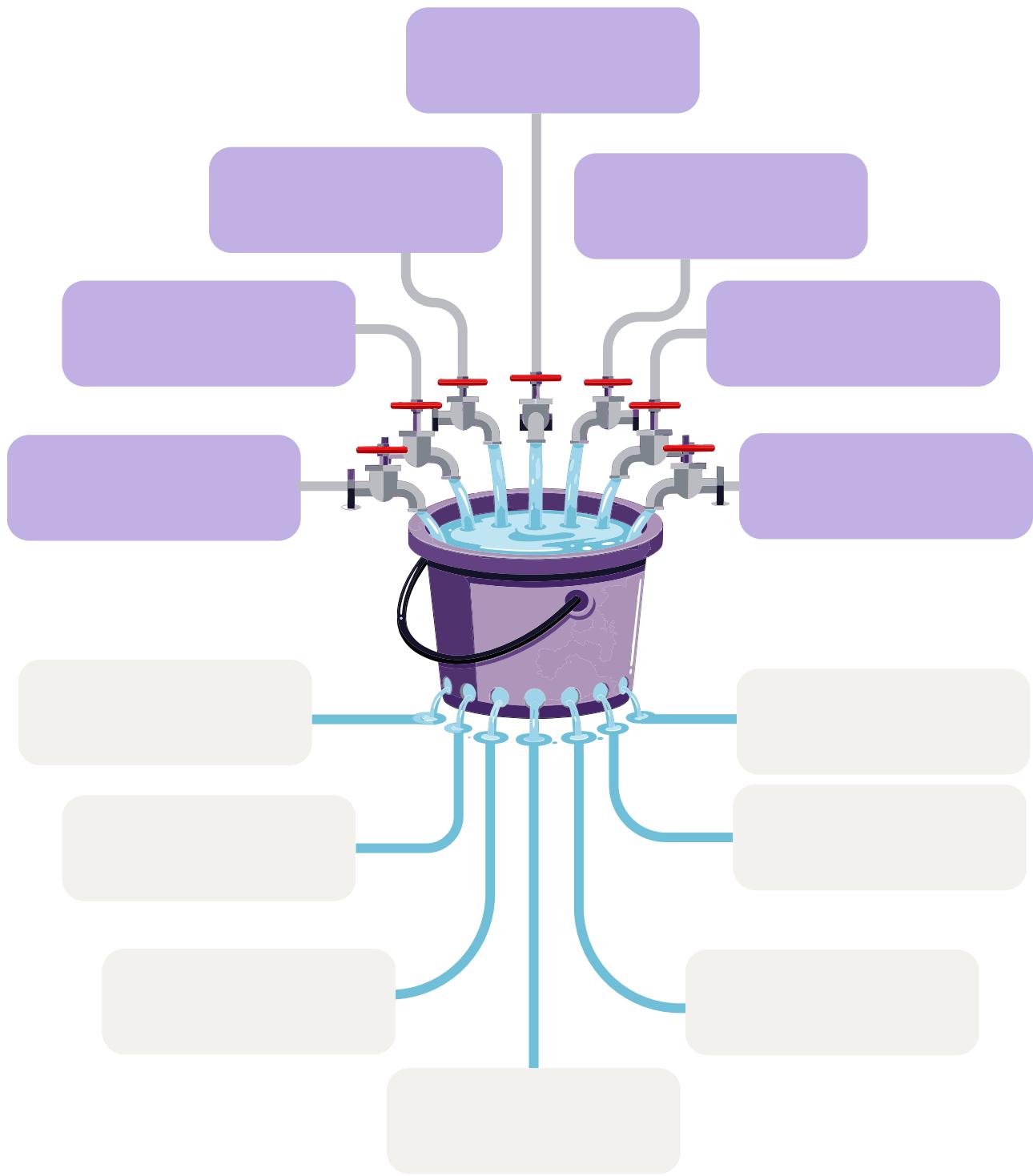
On the image below, write by the taps at the top what causes you stress, and then consider what makes you feel good, and then write those things by the taps at the bottom.

Some de-stressing activity suggestions include:

- Exercise such as walking or cycling
- Being in nature- walking, gardening, spending time with pets
- Meditation or breathing exercises
- Hobbies and interests
- Listening to music or watching favourite tv shows
- Meeting up with friends or family
- Fun activities/ days out.



## What causes me stress



**My stress relievers**