

Stress bucket

Taps represent pressures and tensions that we feel.

Activities and situations can increase our stress levels.

Pressure can build up slowly over time or sometimes all at once!

Size of the bucket represents the amount of stress we can manage.

Valves represent coping strategies.

Activities to burn off energy and anger – running, walk in nature etc.

Letting off steam – talking/arts and crafts or writing etc.

Vanquish the feelings of overwhelm – journalling/solution building.

Ease yourself back into control – then you can tackle the problem/s.

Stress can be relieved in diverse ways – find what works for you.



