The stress bucket

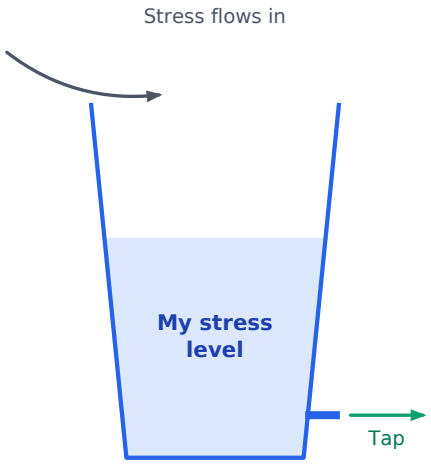
A picture of what adds to your stress and what lets it out.

Name _____ Date _____

Imagine your stress collecting in a bucket. Pressures pour in at the top. Helpful coping opens a tap at the bottom and lets some out. If more comes in than goes out, the bucket overflows: you snap, get ill, cannot sleep or feel you cannot cope. Tick what fits and add anything else.

What is filling my bucket

- [ ] Work
- [ ] Money
- [ ] Family
- [ ] Health
- [ ] Worries
- [ ] Change
- [ ] Poor sleep



What lets stress out

- [ ] Rest
- [ ] Sleep
- [ ] Movement
- [ ] Talking
- [ ] Outdoors
- [ ] Enjoyment

Signs my bucket is getting full

In my body, mood and behaviour

Taps that feel like relief but add to the load

- [ ] Drinking
- [ ] Overworking
- [ ] Avoiding
- [ ] Scrolling
- [ ] Comfort eating
- [ ] Snapping

What could I do to reduce what is flowing in?

Which tap will I open more this week, and when?

The stress bucket was described by Alison Brabban and Douglas Turkington (2002).

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