



The Stress Bucket Exercise

How to avoid the tipping point

Step 1: Water
These factors represent the things that are stressing you out

Activity:
Label your 4 top issues that stress you out. Include school, life and home if you need to.

Yours could just be 4 stressors related to school

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Step 2: Holes
These holes that let the water out represent your coping strategies

Activity:
Label 4 things that de-stresses you and/or makes you feel good.

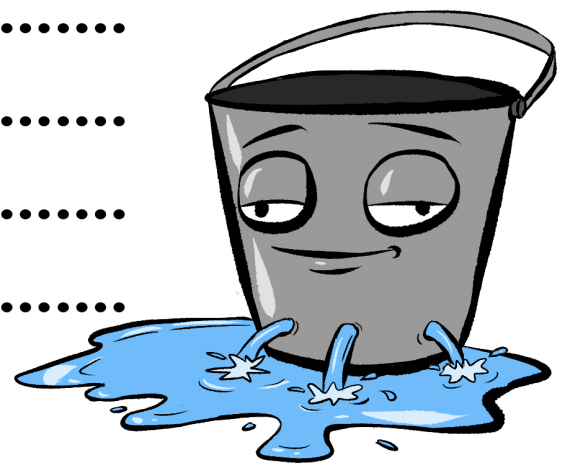
These could be hobbies, doing exercise, meditating or cooking

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Step 3: The Tipping Point
These labels are the outward signs that you are stressed

Activity:
Fill in honestly, the signs that you are feeling stressed.

These could be being grumpy, anti-social or tired all the time

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How you can help yourself

- Look again at your first list of stressful things, what is real stress and what is imagined? Only deal with the real.
- Look at what is within your control to change, and what is not within your control. Then adjust your list accordingly.
- Get organised, ask for help or speak to a professional counsellor.