

The Stress Bucket

We all experience stress to some degree. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and prolonged stress can eventually lead to problems. The stress bucket is a way to visualise this. Above the bucket are clouds – the things that cause you stress. These rain into the bucket and gradually fill it up. You release the stress by doing things you enjoy or that help you to stress less.

Complete your own stress bucket below. Identify the things that cause you stress (the clouds) and the things you do to manage them (your taps).

Also consider:

What size and shape is your stress bucket?

How full is it?

What are the signs that your bucket is getting too full?

Are all of your taps working?

Do you turn to unhealthy ways to release stress and what does this look like?

