

EXERCISE: MY STRESS BUCKET

Have a look at the stress bucket in Figure 26.1 and fill in the blank sections:

1. Add some of your stressors and worries into the box labelled 'stressors'. Some of these may be small stressors and some may be much larger.
2. Add in signs of overflow (what happens when you're stressed). What do you notice and what do others notice?
3. In the box labelled 'looking after myself' under the tap, add in the ways that you try to reduce stress or could try to reduce stress. These may be simple and small ideas.

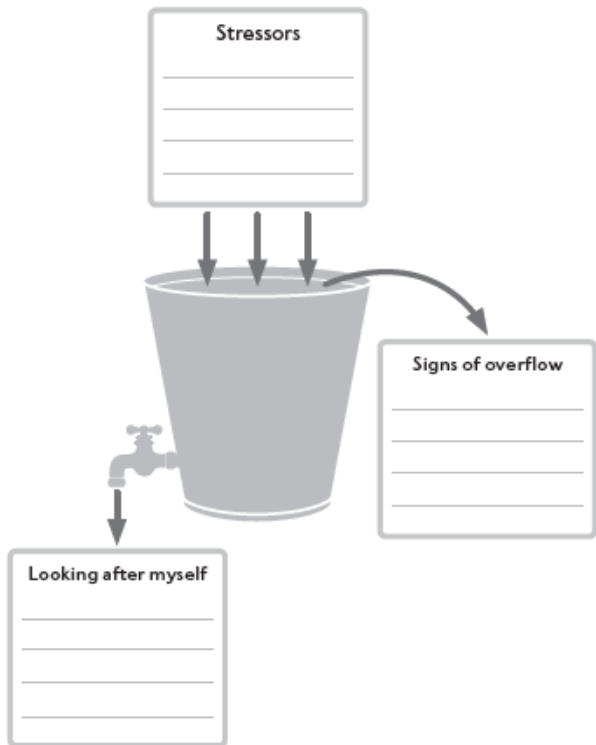


Figure 26.1: Stress bucket