



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, include school, life and home if you need to

Yours could just be 4 stressors related to school

Step 2: Holes

These holes that let the water out represent your coping strategies

Activity

Label your 2's with what makes you feel good or what you would like to do

Like exercising, doing hobbies, meditating or cooking

Step 3: The Tipping Point

These labels are the outward signs that you are stressed

Activity

Fill in, honestly, the signs and symptoms that you are feeling or that you are exhibiting

Like grumpy, anti-social or tired all the time

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.



These coping mechanisms help you build resilience and manage your stress levels

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