

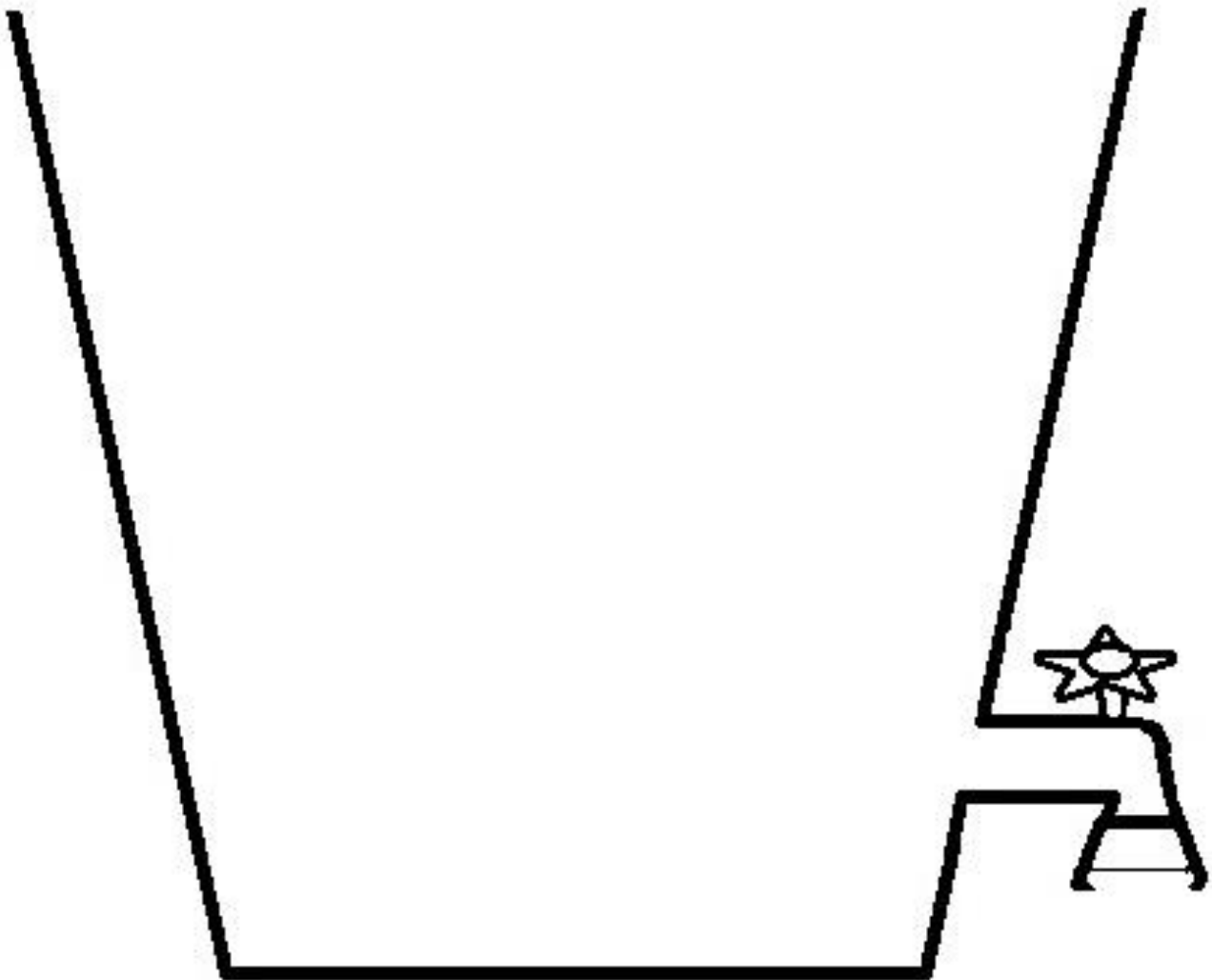
The Stress Bucket

The things that I am stressed about

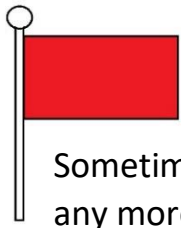
We all need some stress. It is what helps us do the things that are important to us.

We can imagine we have a bucket inside us that holds all of our stress. What things are you stressed about? Write or draw them in the bucket.

You might want to think about how big should they be? What colour are they? How full is your bucket of stressful things?



The Stress Bucket



Signs that I am stressed

Sometimes we have too much stress (it fills up our stress bucket so we can't hold any more) and it can make us feel bad.

Our body tells us when we are too stressed. This might include not sleeping, feeling anxious, crying a lot, feeling irritated or angry quickly. You will have your own signs.

We can think of these as warning signals or "red flags" telling us to slow down, relax or make changes in our life.

Think about your "red flags" and finish this sentence:



Reducing our stress

Look at your stress bucket. Is there anything that you can change that would remove some of that stress? Perhaps you have too much work to do and you could talk to your teacher or boss about getting some help.

Sometimes we can't change things. But we can do things so we do not **feel** so overwhelmed. This helps us cope and stops our stress bucket from overflowing. We can think of it as turning on the tap and letting some of the stress out.

These things might include talking to friends, exercising or listening to music. What helps you? Write your ideas around the tap below.

