

## The Stress Bucket



The stress bucket is a helpful way of thinking about how you cope with stress, how vulnerable you are to stress, and about your wellbeing in general.

Imagine there's a bucket you carry with you which slowly fills up when you experience different types of stress. Sometimes you feel strong enough to carry a lot of stress, but the bucket, like you, has its limits, and if the stress builds up too much, the bucket overflows – which is when we experience depression and other mental health issues.

Poor coping mechanisms (such as poor diet, self-medicating with drugs or alcohol, not exercising) lead to the bucket filling up quicker, whereas good coping strategies act as a tap, letting water out of the bucket.

Some people have smaller buckets – and are therefore MORE vulnerable to the impact of stress. This could be for a variety of reasons – chronic stress will, for example, over time shrink the size of your bucket.

Building our resilience overall, enables us to increase the size of our buckets and therefore increase our vulnerability to stress.

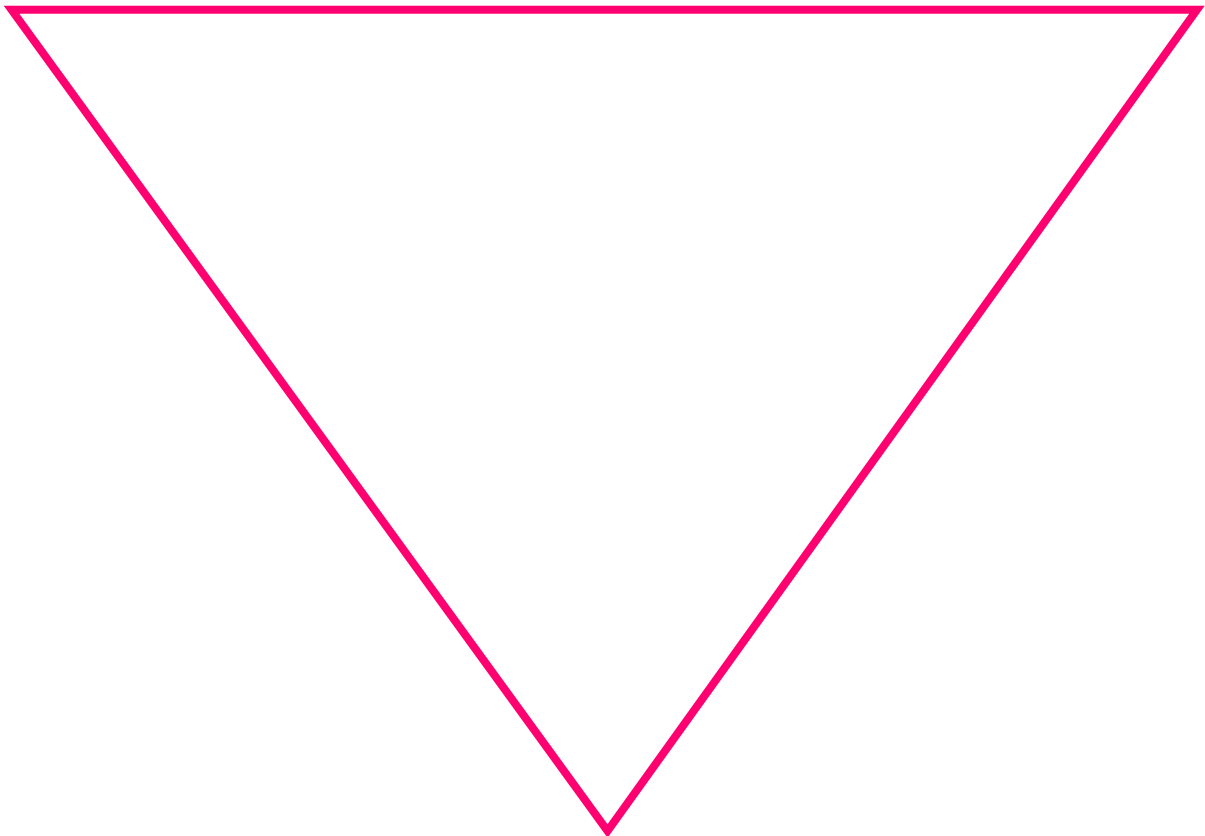
## Activity

My Stress Bucket.

Date:

What are your current stressors? Write them down.

What are your 'negative' coping strategies? They also go inside the bucket.



### Stress Bucket Questions

1. Do I have any evidence to support my feelings about the stressors?
2. What can I change?
3. What can't I change and need to accept?
4. What needs my urgent attention?
5. Can anyone help me?
6. What are some of my helpful/positive coping strategies?