



# STRESS BUCKET

**Everybody experiences periods of stress throughout their lives and at times stress can be helpful as it encourages us to get things done. However, if we experience too much stress we can become overwhelmed and it can begin to have a negative impact on our wellbeing. To help you understand this better, we can use the stress bucket.**





FALL OUT WITH  
FRIEND

REVISION  
TIDYING BEDROOM

## DEMANDS

If you imagine that every stressful event (demand) adds more liquid to your bucket. If we have too many demands on us then our bucket will get full and eventually overflow.

This overflow is the same as you becoming overwhelmed.

## RESOURCES

To look after your wellbeing, you need to use strategies/activities that can help you feel happy and relaxed. (Resources)

By doing this, you can manage stress better and stop yourself from becoming overwhelmed. If you imagine your resources being a tap on the side of your bucket. It can release some of the liquid so that your bucket doesn't become too full.

GOING FOR A WALK  
TAKING A BATH

WATCHING A FILM



**Activity:** Listen to Jo's story. Jo is having a stressful day! Everytime you hear something that might be stressful for Jo, 'add' some stress to their bucket!

**Next, have a think about your bucket. What stressful events might there be in there? Then think about your tap. what can you do to manage your stress?**



# JO'S STRESS BUCKET





# MY STRESS BUCKET

