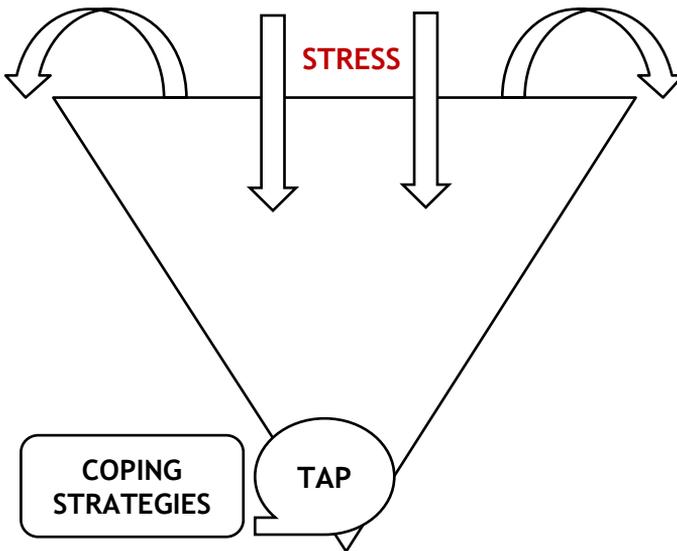


# STRESS CONTAINER

The 'Stress Container' is a helpful way to think about our wellbeing and how we might try to control the build-up of anxieties within our lives.

The size of the bucket varies from person-to-person.

Some days we might feel overwhelmed by many things but on other days we may feel strong enough to cope with everyday worries and stresses.



- i) Draw a line to show how full you feel your stress container is.
- ii) Perhaps write your worries in the container to help you identify them.

**Note:** If your stress container overfills you may feel: Anxious, stressed, tired, unmotivated, angry, overwhelmed, confused or emotional.

This is known as a '**Stress Signature**'  
Do you know your Stress Signature?

The **TAP** symbolises a stress release mechanism

i.e. the activities you enjoy doing which help to relieve accumulated stress.

Turning the tap is a way to let stress out of the container so it does not overflow.

It is important that the stress input does not exceed the stress output.

Tick the coping strategies you could use to tackle the worries/stresses.

Add 4 of your own coping strategies.

Exercise	Learn something new	Laughter	Talk to a friend
Focused breathing	Altruistic acts	Write things down	Listen to music