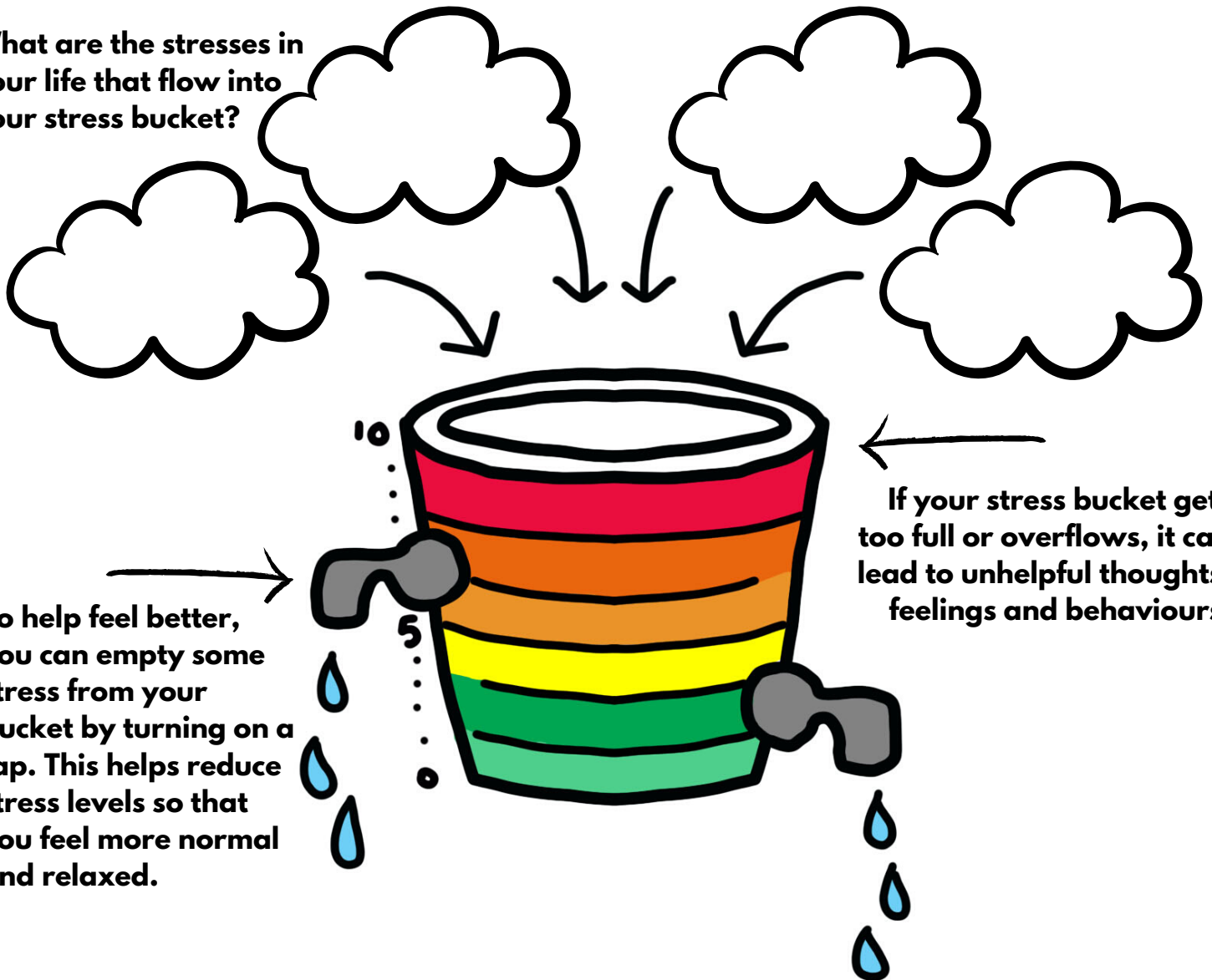


Stress Bucket

We all experience stress in our lives but it can become difficult if we don't know how to manage this stress and that's when problems can start to happen.

What are the stresses in your life that flow into your stress bucket?



To help feel better, you can empty some stress from your bucket by turning on a tap. This helps reduce stress levels so that you feel more normal and relaxed.

If your stress bucket gets too full or overflows, it can lead to unhelpful thoughts, feelings and behaviours.

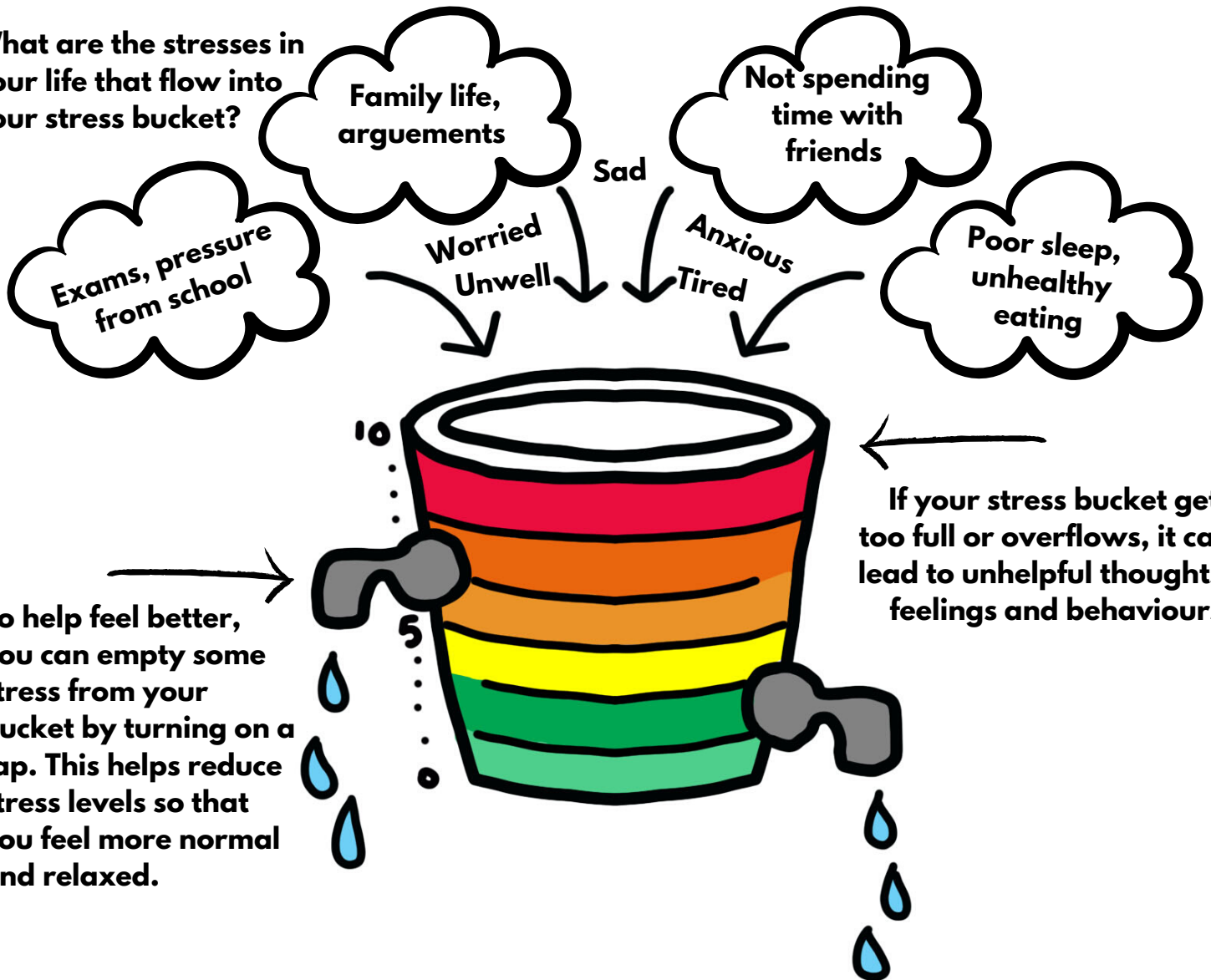
What are some of the ways you can turn on your taps to reduce your stress?

By doing some of these things to help manage your stress levels, you will feel calmer, think clearer and feel more motivated to do things. Remember, we all feel stressed at times but it's about finding **balance** between feeling stressed and calm. The more balance we have, the better we feel.

Stress Bucket

We all experience stress in our lives but it can become difficult if we don't know how to manage this stress and that's when problems can start to happen.

What are the stresses in your life that flow into your stress bucket?



What are some of the ways you can turn on your taps to reduce your stress?

- Plan time for things I enjoy
- Talk to friends/family
- Download a mindfulness app
- Do a yoga class
- Use a diary to manage my time better
- Have a bubble bath
- Get a good night's sleep
- Watch a movie I enjoy
- Go for a walk or do some exercise
- Make some healthy snacks

By doing some of these things to help manage your stress levels, you will feel calmer, think clearer and feel more motivated to do things. Remember, we all feel stressed at times but it's about finding **balance** between feeling stressed and feeling calm. The more balance we have, the better we feel.