







Worksheet for Managing Our Stress using the Stress Bucket



Name:.....

We have looked at things in life that can fill up our stress bucket and make us feel stressed and potentially overwhelmed. We have also looked at how we can decrease our stress levels by opening the tap on our stress bucket. Now it is your turn to think about what fills up your bucket and what you can do to turn on your tap and release stress. (have a think, you don't have to fill all the boxes)

What fills up your stress bucket?

What can you do to open the tap and let the stress go?

