

The Stress Bucket

Think of the stress bucket like your mind, things that we find stressful might start to build up overtime if we do not have things to release that stress. Can you think of the things in your mind causing you worry or stress right now?

Personal Stress

Home Stress

School Stress

We all need outlets to release that stress that builds up in our minds; this could be talking to a friend or playing music. Can you think of what you do to free up your mind?

We might have a mix of different outlets. Some of these outlets may be considered unhelpful and over time might feed back into the bucket. Can you think of any unhelpful outlets you might have?

It is normal to use some unhelpful outlets from time to time, but it is important to balance them with helpful ones. Can you think of something new you might try to bring back balance?