

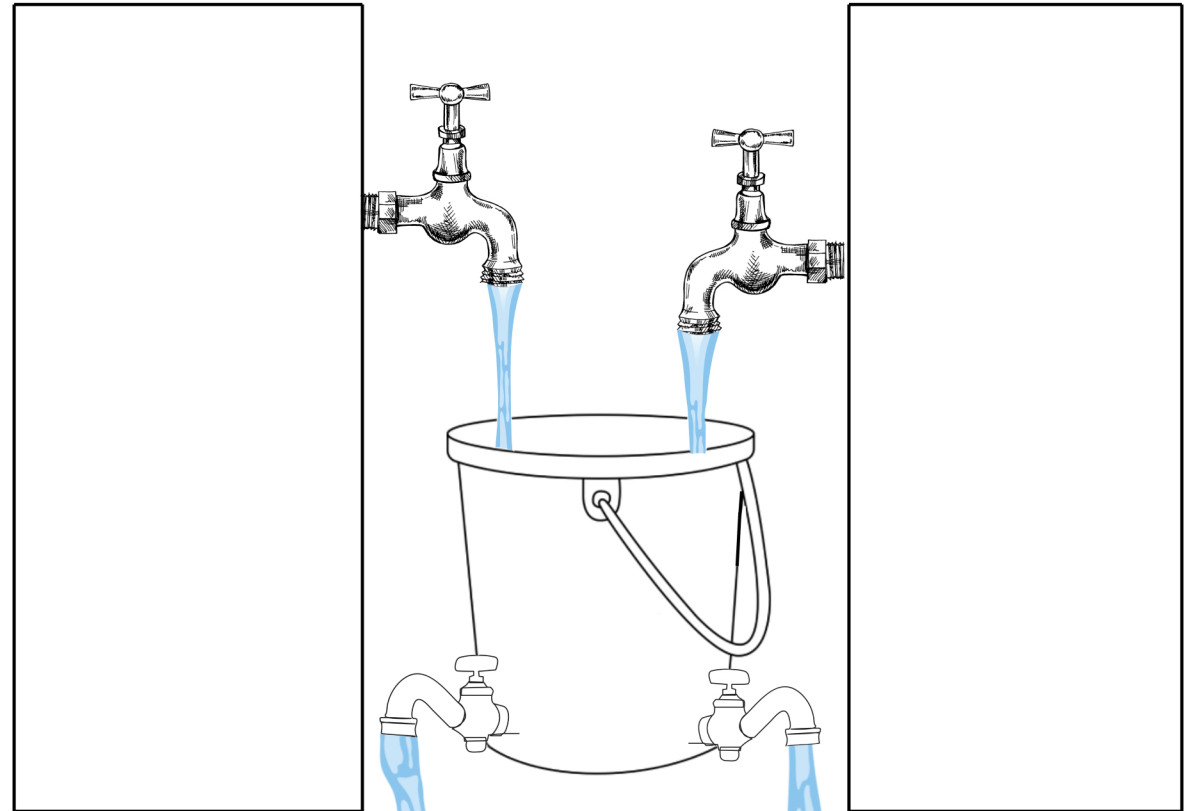
Stress Bucket

Stress is part of your body's natural response to alarm and it can be useful at times. When stress builds up too much, it can lead to feelings of low mood or anxiety, which can affect your sleep, eating habits and your wellbeing.

A stress bucket is a good example of how stress can build up, and it can be a useful illustration to help you and any adults in your life to find ways to support you.

- 1.** The taps above the bucket represent things that make you stressed, filling you up and making you worry. Think what stresses you go through and pop them in the top boxes. They could be friendship difficulties, parental conflict, homework etc.
- 2.** The bottom taps represent things that you do to release stress. This could be mindfulness, chatting to friends or online gaming. Fill these boxes with positive things that help you.
- 3.** Once you've filled in your stress bucket diagram, why not use it to help you talk with someone about how you are feeling.

This makes me feel stressed...



But this helps me...

