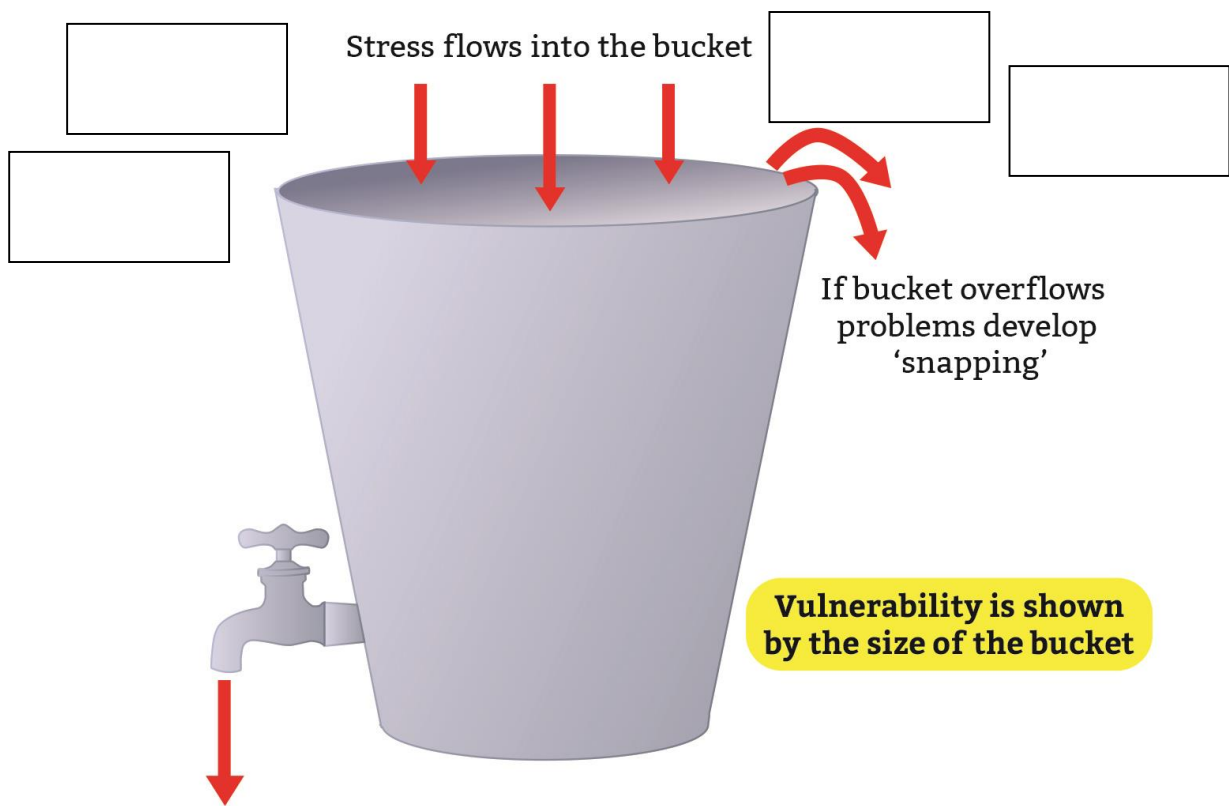


## The Stress Bucket

In this exercise, use the empty boxes below to think about what stress factors fill your “stress bucket” and then what good and bad coping strategies you have.



**Good coping** = tap working let the stress out

**Bad coping** = tap not working so water fills the bucket
