

## My Stress Bucket Activity

Look at the next page and see how the metaphor of a stress bucket allows us to consider our own coping strategies when stressed. Then continue onto the activity sheet on the next page.

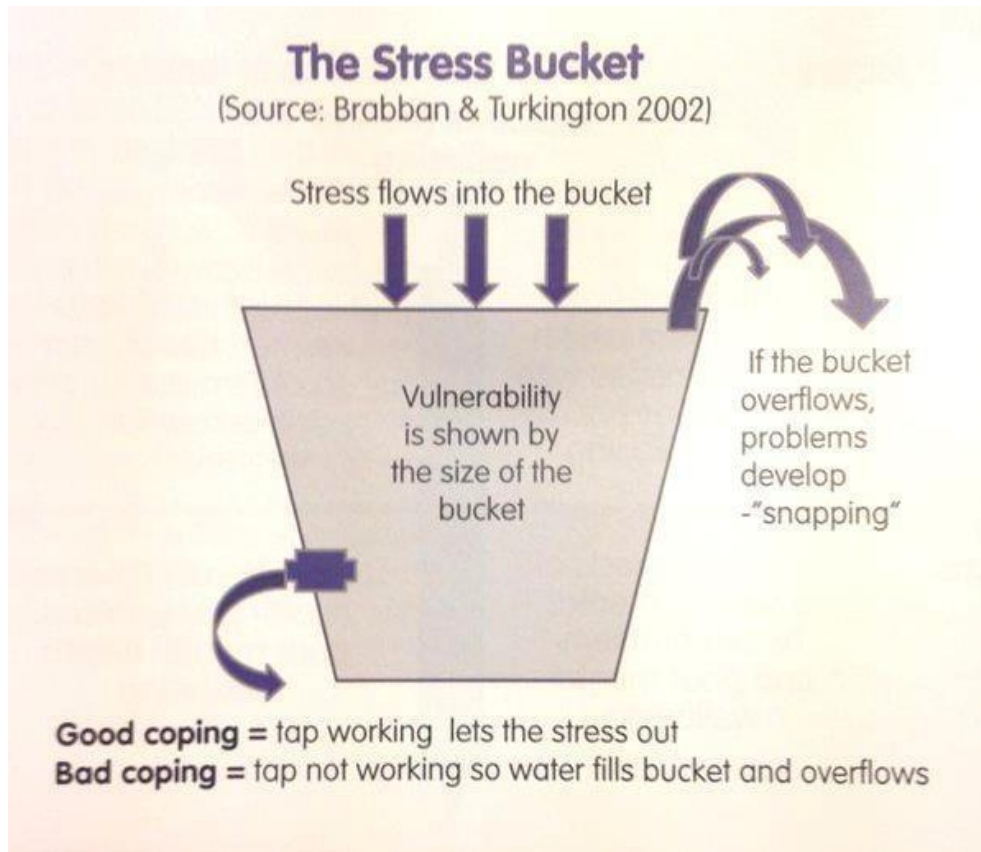
1. Can you write all the stresses and worries you may be having inside the stress bucket.
2. Consider the questions written on the page. Can you answer them for each stress or worry you have?
3. Look at the water droplets coming from the tap. Can you come up with a list of helpful and unhelpful coping strategies?
4. Write your lists in the water droplets.

### Things to consider:

- Good coping strategies are things we can do to help ourselves when stressed.
- Consider the things you can change and think of how you can make these positive changes.
- It's okay that there are things you can't change.



## **Stress bucket activity**



Discuss the diagram above, note the tap or release valve which is a metaphor for coping skills.

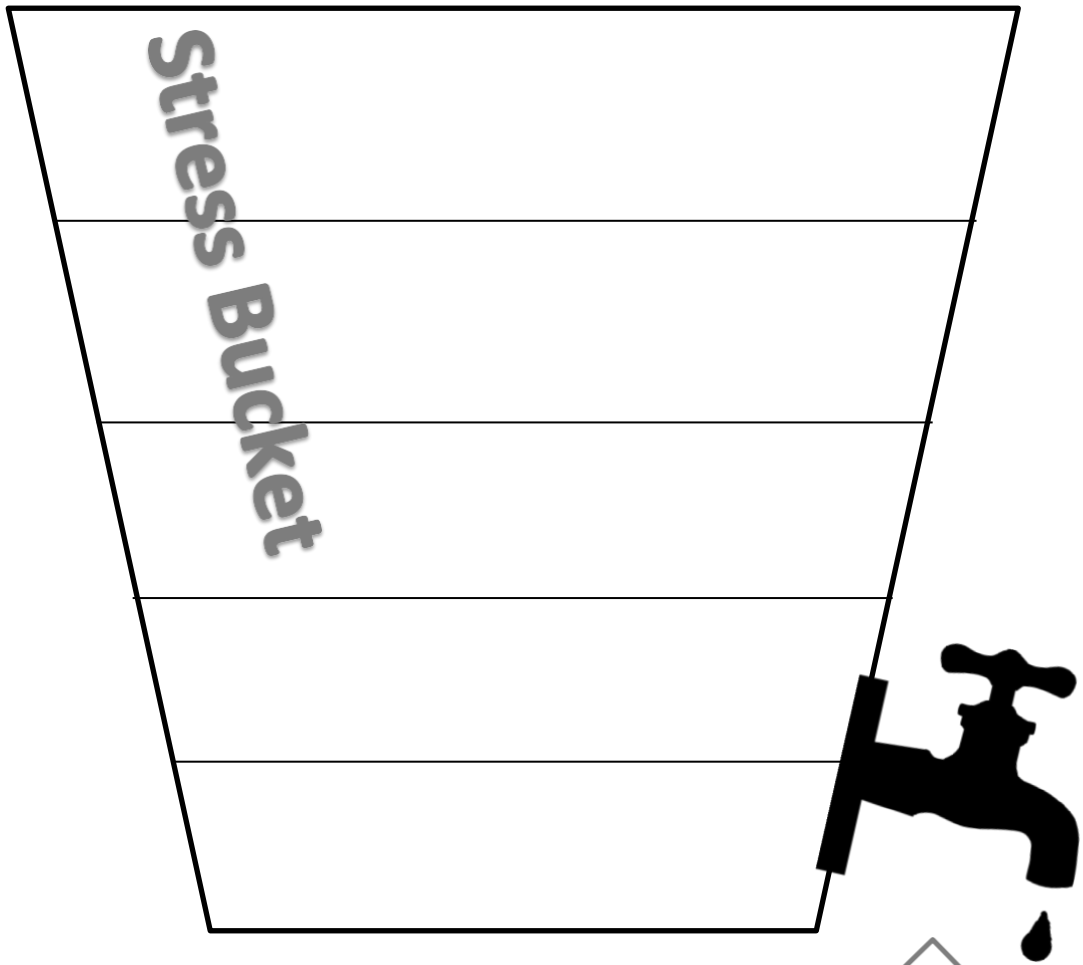
First think about the size of the bucket – the worksheet enables you to choose a size to reflect how vulnerable the person feels they are in relation to managing the stresses in their life.

Secondly, ask the young person to think about the things that could go in the bucket, all the things that contribute the stress in their life.

Thirdly, ask the following questions or ask the young person to ask themselves:

1. Do you have any evidence to support your feelings?
2. What can you change?
3. What can't you change and need to accept?
4. What needs your urgent attention?
5. Can anyone help you?

Finally, ask the young person to consider the helpful and unhelpful coping strategies that they employ. Are there any unhelpful strategies that they could reduce and any helpful ones they could increase?



1. Do I have any evidence to support my feelings?
2. What can I change?
3. What can't I change and need to accept?
4. What needs my urgent attention?
5. Who can help me?

