

Looking After your Stress Bucket



1. Water pouring into your bucket:

- What problems are you dealing with at the moment?

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2. Full bucket:

- What are your early warning signs? (e.g. can't sleep, agitated, withdrawing, loss of interest)

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3. Letting your bucket out:

- What enjoyable & calming things can you add into your routine? (E.g. exercise, time in nature, talking with friends/family, mindfulness, journaling, gratitude, volunteering)

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