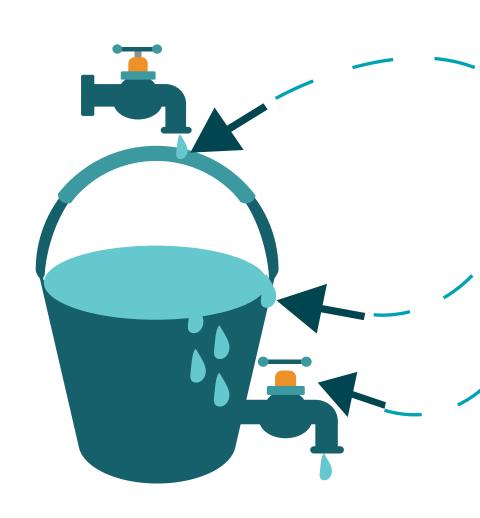


Looking After your Stress Bucket



- 1. Water pouring into your bucket:
- What problems are you dealing with at the moment?
 - •
 - •
 - 2. Full bucket:
 - What are your early warning signs? (e.g. can't sleep, agitated, withdrawing, loss of interest)
 - •
- 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)