

The Stress Bucket



METAPHOR

The stress bucket metaphor is a helpful way to think about how we can try to control the build up of stress in our lives.

Imagine having a bucket that accumulates stress as you encounter various life challenges. To avoid the bucket overflowing and becoming overwhelmed we need to have some way to drain this stress. This is where regular and effective stress management comes into play - the tap! The tap helps to drain the accumulated stress.

While the stress pouring into our bucket can differ day to day, ultimately, it is important that the stress input does not exceed the stress output.



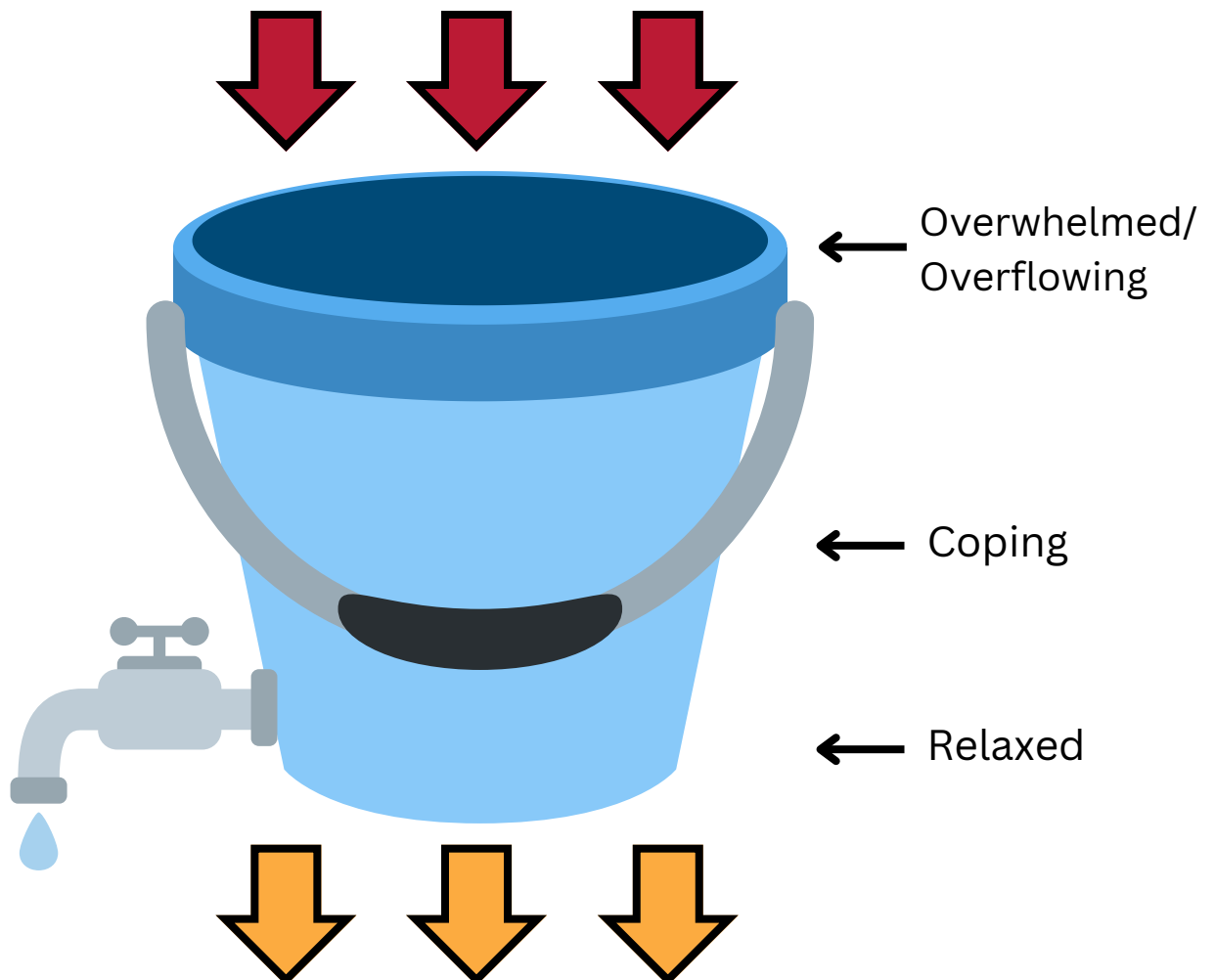
The Stress Bucket



METAPHOR

Daily stressors:

e.g. financial stress, relationship difficulties, work pressure, sickness



Stress management:

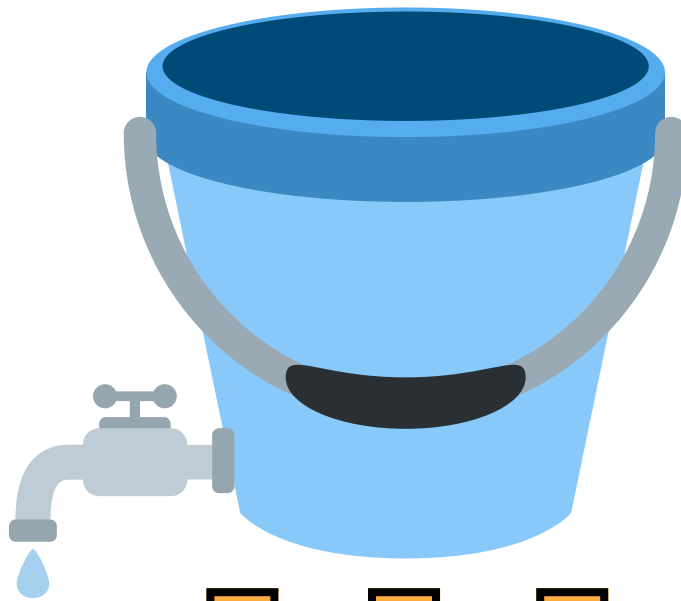
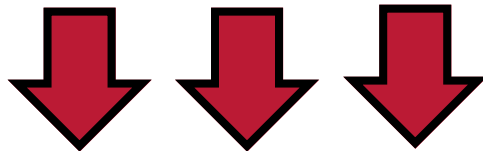
e.g. healthy work-life balance, hobbies, eating well, rest & relaxation

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MY STRESSORS & STRATEGIES

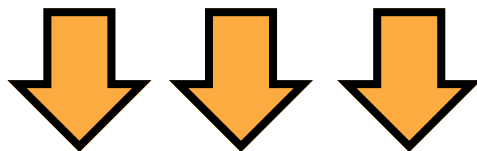
My stressors:



← Overwhelmed/
Overflowing

← Coping

← Relaxed



My stress management strategies: