

The Stress Bucket

The size of your stress bucket is determined by a combination of your DNA and your early life experiences and represents your 'set vulnerability' to stress.

Stress can be visualised as water running into a bucket.
Stress pours into us through our senses.

Sometimes it trickles into us but sometimes it floods in.

Signs & symptoms of stress emerge when the bucket overflows.

These can manifest as physical, psychological and behavioural.



Our coping strategies can be viewed as holes in the bucket.

These can help to drain the stress away and prevent the bucket from filling.

However we sometimes block the holes; often when we need our coping strategies the most.

This diagram represents
the bottom of your
'stress bucket'

Label some of the holes
with coping strategies /
wellbeing strategies
that can help your
stress drain away.

These strategies can be
very formal or
in-formal, clinical or
non-clinical or they can
just be good practical
solutions.

Think about what you
do at work and in your
personal life.

Remember, you can add
to these, we can learn
and practice new things
which can help with our
resilience and mental
health.

