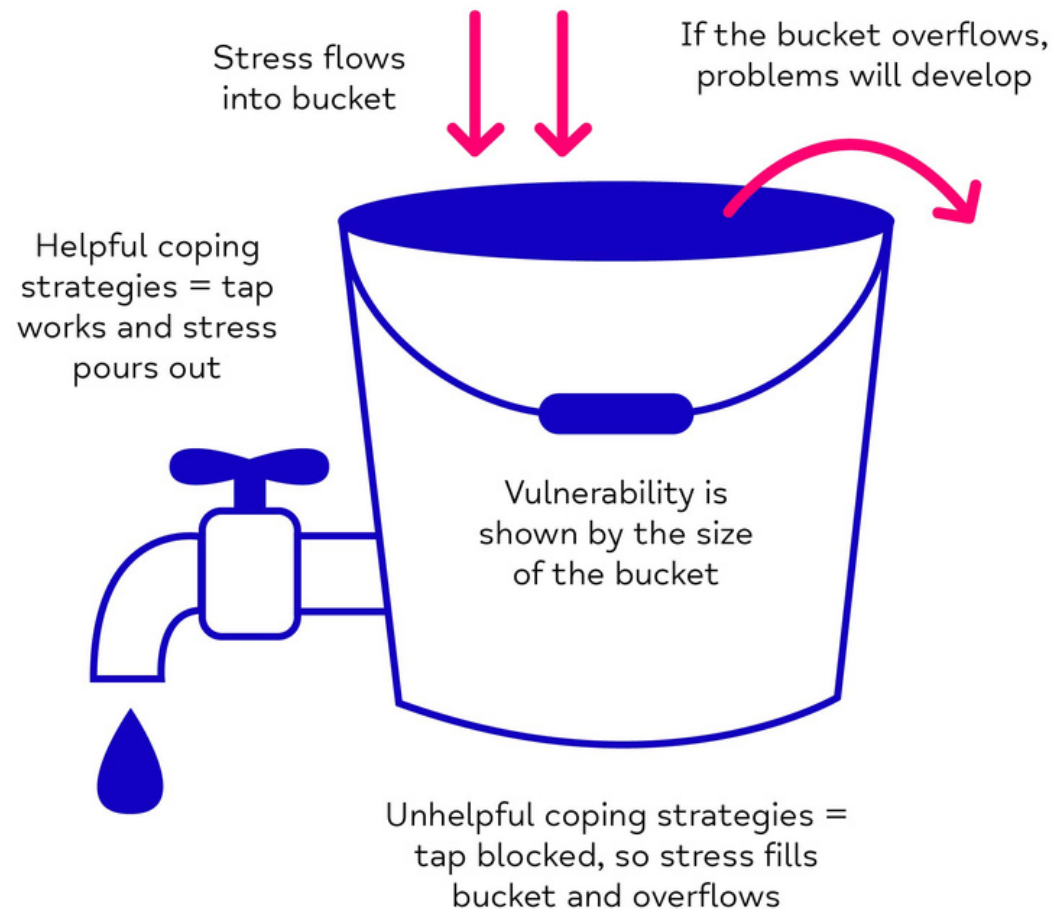


# The Stress Bucket

## What's in your stress bucket?



**What can I change?**

**What are my priorities?**

**Who could help me?**

**What helpful coping strategies can I use?**

**What unhelpful coping strategies can I avoid?**