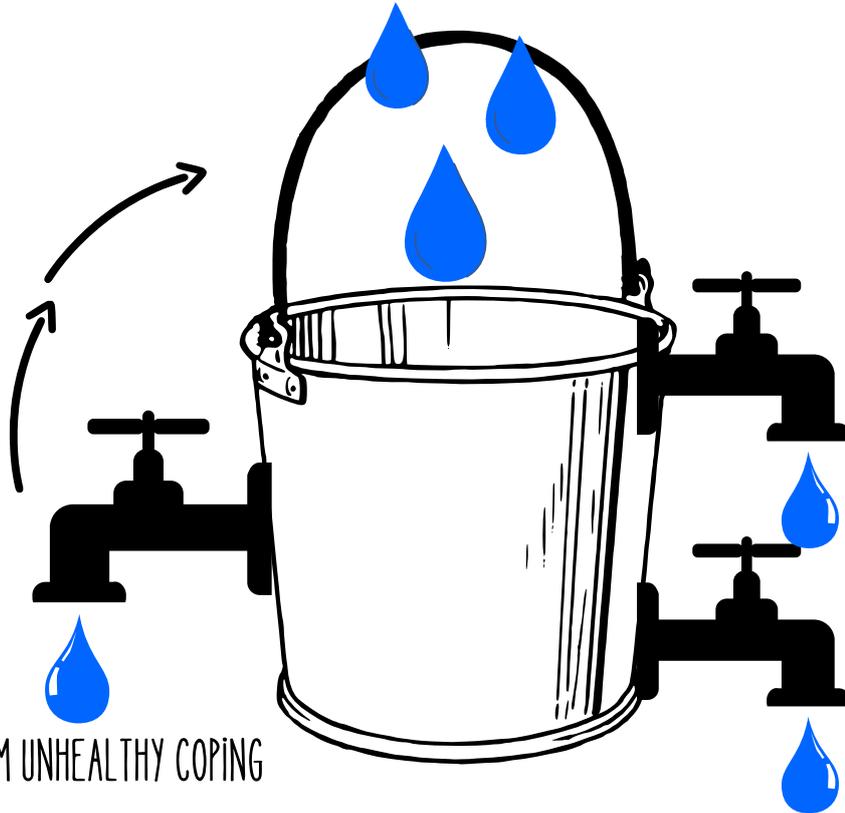


THE STRESS BUCKET

HEAD STRONG

EVERYDAY PRESSURES:

SCHOOL/ FAMILY/ FRIENDSHIPS/ HEALTH



RECYCLED STRESS FROM UNHEALTHY COPING
METHODS- EG: DRINKING, DRUG TAKING ETC

WHAT WE DO TO REDUCE
STRESSORS/ CHANGE
SITUATION- EG: CHANGING
THINGS, GETTING HELP

WHAT WE DO TO RELEASE
EMOTIONS- EG: EXERCISE,
TALK ETC

THE STRESS BUCKET IS A TOOL WE CAN USE TO LOOK AT AND IDENTIFY THE THINGS IN OUR LIVES THAT MAKE US FEEL STRESSED. IF WE DON'T RELEASE STRESS, THE BUCKET OVERFLOWS AND WE ARE LEFT OVERWHELMED AND THAT CAN IMPACT OUR EMOTIONAL HEALTH. THERE ARE DIFFERENT WAYS WE DEAL WITH STRESS, ACTIONS THAT REDUCE THE STRESSORS, WAYS THAT WE CAN HEALTHILY LOWER THE STRESS LEVEL IN OUR LIVES, BUT THERE ARE ALSO UNHEALTHY COPING METHODS THAT ADD STRESS BACK INTO THE BUCKET. WE WANT TO FIND HEALTHY WAYS TO REDUCE THE STRESS LEVEL THAT CAN HELP US BETTER COPE IN PRESSURED TIMES.