

Stress Bucket

We can all feel a bit 'off' sometimes.

It's normal to feel stress in certain moments, but when these feel overwhelming it can begin to affect your day-to-day wellbeing.

Doing this activity can help you to explore the things that make you worried and think about ways to release these before it all gets a bit much.

- 1** In the boxes with water going in to the bucket, write down or draw things that make you feel worried or panicky.

This could be things like: not getting enough sleep, having an issue with a friend or too much homework or coursework.

- 2** In the boxes with water going out of the bucket, write down or draw things that help you to release these pressures and worries. Sometimes it's good for adults in your life to know these, so they can support you with feeling more like yourself again.

This could be things like: talking it through with friends, going to the gym or chilling with pets.

The things that make me feel worried or panicky...

The things that help me release these...

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