

Stress Bucket Activity

What will I learn?

What causes me to feel stressed
How to reduce my stress.
This activity will also help you to develop your resilience

What do I need?

Access to the internet to watch a short Youtube video
A worksheet is provided, but you may want a piece of paper and coloured pens if you would like to create your own version or a printer if you want to print the worksheet out.

What is stress?

Stress is the body's natural reaction to feeling threatened or under pressure. It's very common and is often seen as negative thing, but it can be used in a positive way to motivate us to achieve things in our daily life by helping us meet the demands of life, such as school, work, and family and friends.

If we experience too much stress, it can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem. Therefore, it is important to know how to manage stress.

The Activity

Create your own 'stress bucket' picture - you could search the internet for ideas and get creative or use the simple template on the next page.

Think about what causes you to feel stressed – write down all of the things that cause you stress going into the bucket. These are your stressors.

Think about what helps you feel less stressed – write down all of these things coming out the holes at the bottom of the bucket. These are your coping strategies.

Once you have completed your bucket picture, you could talk about your answers with someone, such as a friend or someone you live with, or a teacher.

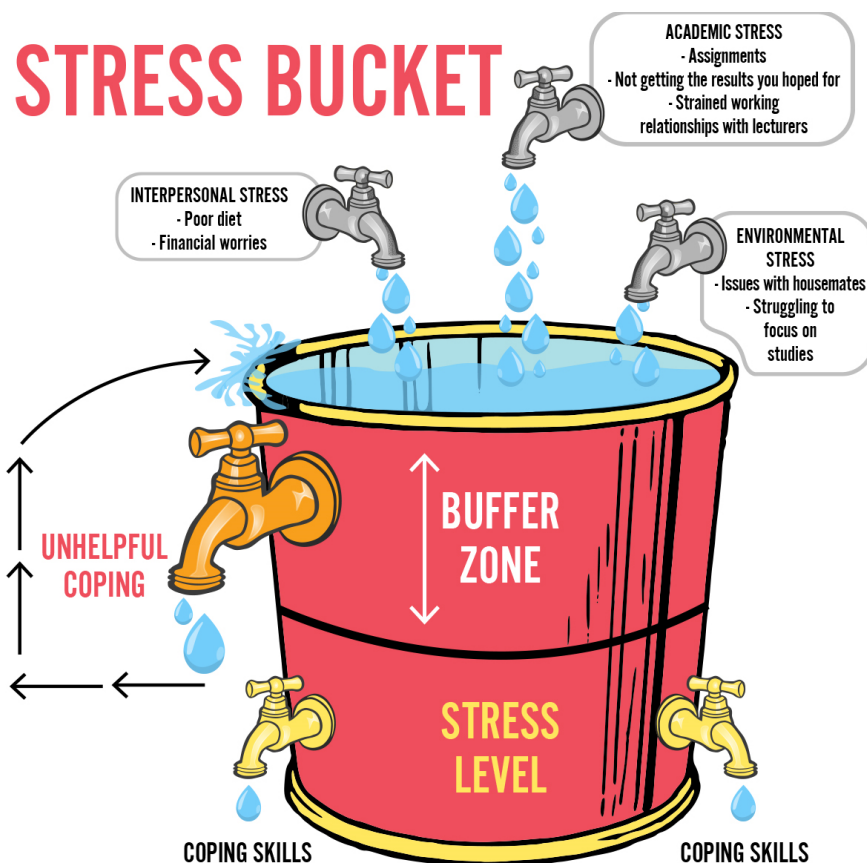
How many stressors do you have?

How many coping strategies do you have?

If you have a lot of coping strategies and not many stressors, then you are probably managing your stress fairly well.

But if you have a lot of stressors and not many coping strategies, you might like to think about whether the coping strategies you have are working for you and explore some other strategies that might help. Watch the [A-Z of Coping Strategies](#) video for ideas.

If you do find yourself struggling, talking to someone often helps. You can find [sources of support](#) on the Future Quest website.



My Stress Bucket

