

Date (optional)

Your stress bucket

Notice what is adding pressure. Make room for what helps.
Print and write, or type into the boxes and save your own copy.

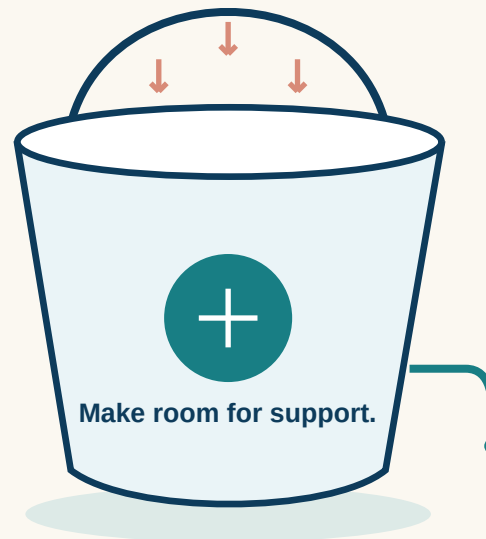
1 What is filling your bucket?

Tasks, demands, uncertainties or changes.
Use a few words or short notes.

2 What do you notice?

Changes in your body, thoughts or behaviour
that tell you pressure is building.

A WAY TO PICTURE PRESSURE



Your pressures and what helps can change.
There is no score or right answer here.
Return to this page whenever useful.

3 What could help?

Helpful actions, support or demands you
could reduce. Include what is realistic today.

4 One small next step

Choose one manageable action.

When?