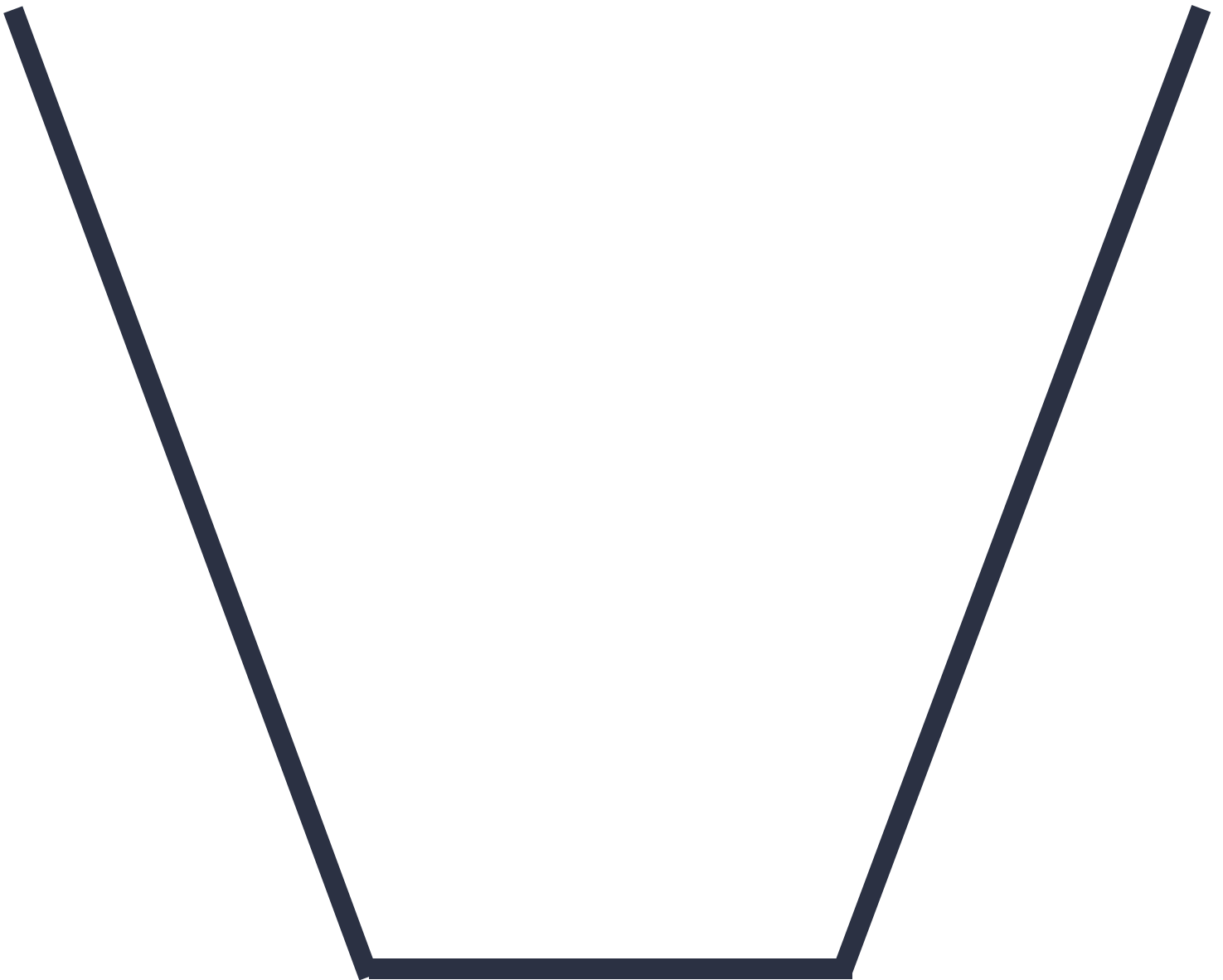




Practice - Stress - chuck it in the bucket!

Write down all the things you are stressing about right now -
it might be small niggles or big anxieties, related to work or
home life - throw them all in!





Practice - Stress - chuck it in the bucket!

Based on the contents of your Stress Bucket, answer the following questions:

What can I change?

What can't I change and I need to accept?

What needs my attention?

Can anyone help me?

What are my unhelpful coping strategies?

What are some of my helpful coping strategies?