

SEND and LEARNING SUPPORT



We all have different things that impacts on our lives which can make us feel overwhelmed at times. Imagine that inside us all we have a 'stress bucket' which collects up our negative emotions. Some people have larger buckets than others for many different reasons. Above our buckets we have different taps running at different speeds which represent big to small things that happen/are part of our lives. If we are not careful and take notice these things can fill our buckets quickly and overflow making us feel overwhelmed. The good news is we all have a release valve which can help empty our buckets; we just need to figure out what opens it up. The more positive things we can do to open our release valve the more we can deal with what our bucket is filled with!

- 1) Take some time to think about what is filling your bucket – it may be exam pressures, things going on at home, issues with friends, etc and write them in the section below. It's likely that these things are not the same to the person next to you as we are all individuals! Don't just limit it to the big things, sometimes it is a number of smaller things that are causing your stresses to rise and fill your bucket.
- 2) Now you have written your 'stresses' in the bucket, think about the things that help de-stress you, again these are individual to you. For some listening to music helps us out, for others loud music might cause distress. Write these down in the section below the bucket. Ideas to get you started may be:
 - Talking to people you trust
 - Certain types of exercise
 - Writing things down/keeping a diary
 - Drawing/colouring
 - Getting an early night
 - Taking a long bath
- 3) Once you have completed the tasks above, colour in or cross out your stresses and think about how you can do more of the things that make you feel better/relaxed. Think about when this week you can do these things to help you. Think about who might be able to help you if you think you will struggle to do these things yourself!

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My Stress Bucket


