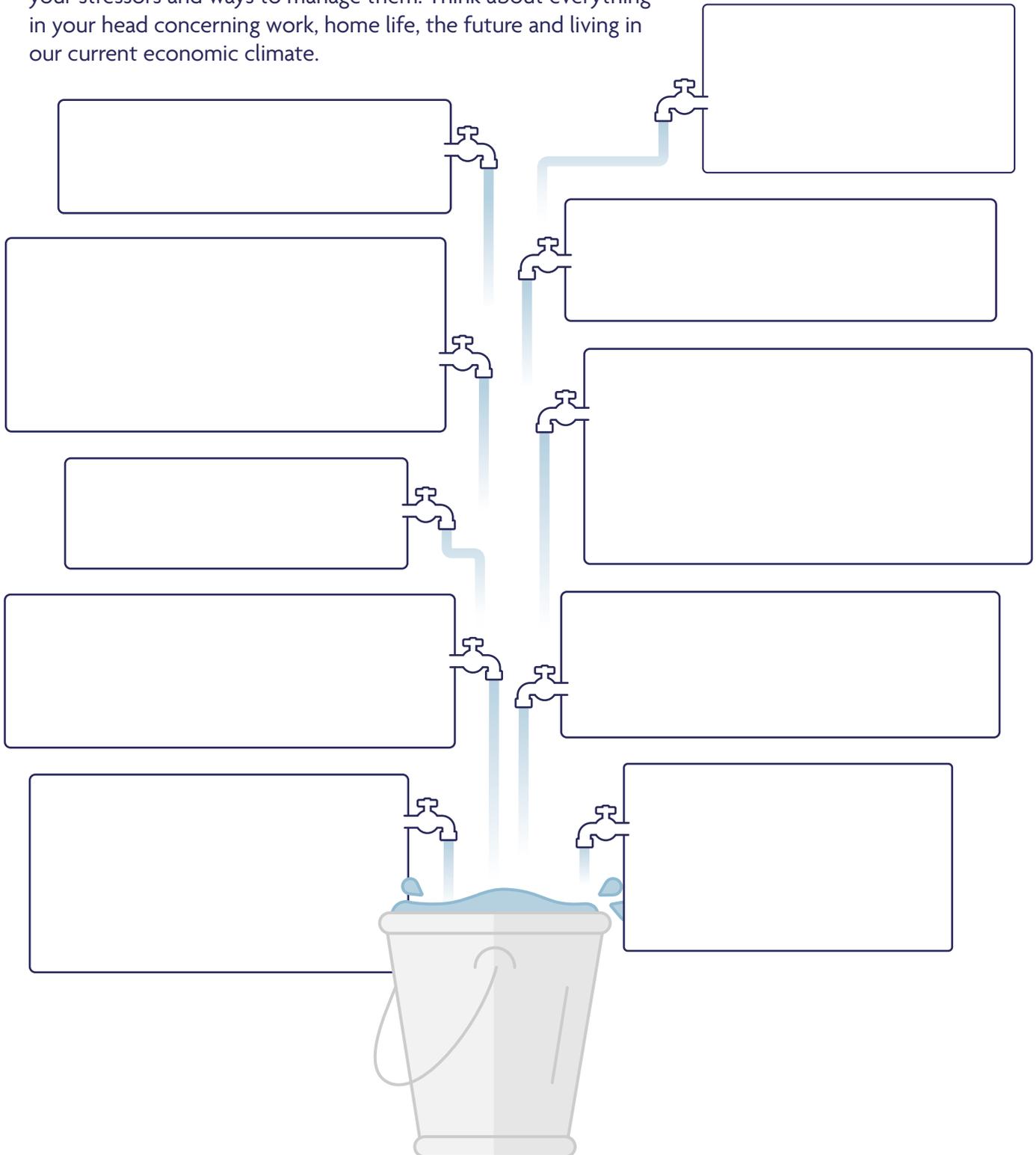


What are your stress levels?

Stress can be caused by many things in many different aspects of your life. It can impact you in a number of ways which contribute to your “stress bucket”. You may find this tool helpful to identify your stressors and ways to manage them. Think about everything in your head concerning work, home life, the future and living in our current economic climate.



From the stressors listed identify which ones you can change or improve?

Identify which stressors you can't change and need to accept.

Prioritise the ones you can change and identify who can help you.

Think of some activities/actions you can use to alleviate the stress.

What are some of your negative coping strategies?

What are your helpful and positive coping strategies?
