

Stress Bucket Exercise

Understanding My Sources of Stress

Purpose

The Stress Bucket Exercise can help you understand the demands and pressures you are currently carrying, identify what helps you recharge, and recognise whether your bucket may be becoming too full.

The goal is not to eliminate stress completely. Instead, this exercise helps you find a healthier balance between the things that add pressure and the things that help you recover.

What Is Filling My Bucket?

Think about the things currently adding pressure to your life.

Work

Family & Relationships

Health

Finance

Other Pressures

What Helps Empty My Bucket?

What activities, habits or people help you recharge and recover?

Exercise & Movement

Rest & Recovery

Social Connection

Hobbies & Enjoyable Activities

Time Outdoors

Other Helpful Strategies

What Blocks The Taps?

Sometimes we respond to stress in ways that provide short-term relief but make things harder in the long term.

Examples may include:

- ☐ Avoiding problems
- ☐ Working excessive hours
- ☐ Skipping breaks
- ☐ Withdrawal from others
- ☐ Poor sleep habits
- ☐ Excessive screen time
- ☐ Unhelpful alcohol use
- ☐ Neglecting self-care
- ☐ Other

Which of these apply to me?

Reflection

Looking at my bucket today...

What is currently putting the most pressure on me?

What helps me feel most recharged?

Which "tap" would I like to open more often?

Small Step This Week

What's one small thing I could do to help keep my bucket manageable?

Remember:

Stress is a normal part of life. What matters is making sure your bucket does not stay full for too long.

Regular recovery, support and healthy coping strategies can help prevent pressures from becoming overwhelming.