

## What's been filling your stress bucket?

The table below represents your stress bucket. Write short responses in the table which reflect on the questions below:

- What changes do you notice when the stress bucket is a third full, half full, or overflowing?
- What taps can you use to increase your ability to cope with stress at different levels?

	Changes you notice	Taps to cope
<b>Overflowing</b>	<b>Example: I feel unable to think straight.</b>	<b>Example: Connect - I speak to a close contact or reach out for support.</b>
<b>Half full</b>	<b>Example: I avoid doing productive things like looking for work.</b>	<b>Example: Eat well - I eat nutritious food to give me fuel to tackle challenging tasks.</b>

<b>Third full</b>	<b>Example: I feel restless.</b>	<b>Example: Stay active - I take a walk around the block to unwind.</b>
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In the table below, write three things that have been causing you stress. Then write simple goals you will implement to better cope with each example.

**Top tip!** The more specific you are with your goals, the better!

<b>Cause of stress</b>	<b>Goal for dealing with stress</b>
<b>Example: My job applications have been unsuccessful.</b>	<b>Example: Keep a diary to record what I learn from each interview and what I could do differently next time.</b>
1.	
2.	

3.	
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**Remember, if you're struggling with stress, it can also be a good idea to reach out to a GP or counsellor.**

In an emergency, call 000 immediately.

If any of these questions raised concerns about how you are feeling, confidential support is available 24/7. For more information:

Call Lifeline on 13 11 14 ([www.lifeline.org.au](http://www.lifeline.org.au))

Call Beyond Blue Support Services on 1300 224 636 ([www.beyondblue.org.au](http://www.beyondblue.org.au))