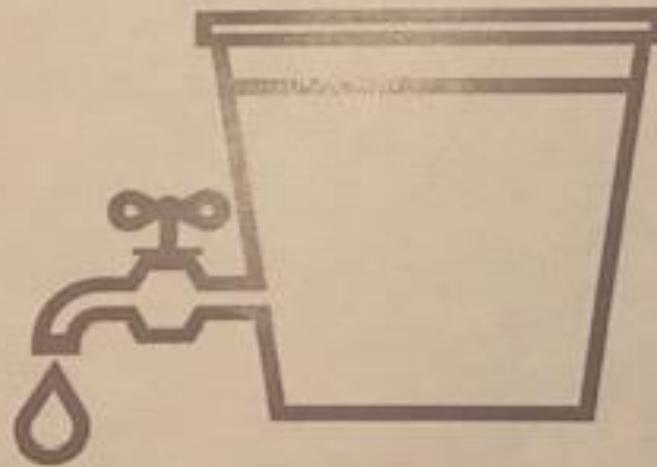


# My Stress Bucket

My worries flow into the bucket



When my bucket overfills I can feel

- Anxious
- Stressed
- Cross
- Angry
- Overwhelmed
- Short-Tempered

I can empty my bucket by using my coping or calming strategies—which strategies can I use?

