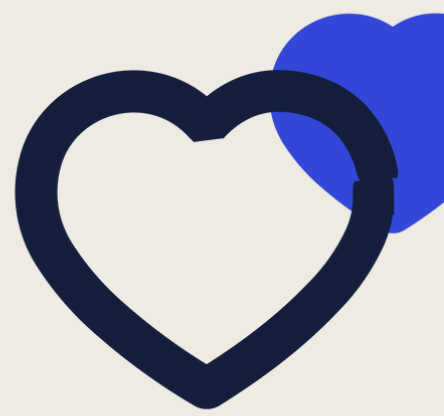


Looking after your wellbeing from **Day One**



Stress Bucket

The 'stress bucket' is a simple tool to help you identify the stressors in your life, the signs and symptoms that indicate your stress levels are too high, and your power to reduce your stress levels by exploring positive coping strategies.



Looking after your wellbeing from **Day One**



My Stress Bucket



Stressors

What causes stress? This could be something related to your injury or everyday stressors. For example, you may find yourself worried about getting the right support after you come from hospital, or stressed about upcoming bills.



Overflow

What are the signs and symptoms that show you're overwhelmed with stress? For some people this might be crying, becoming withdrawn, or feeling frustrated.



Taps

What can you do to reduce your levels of stress? These might be things you enjoy, people you can talk to, things that help you relax or services you can access. Some people need to have the things they need to reduce stress close at hand.

