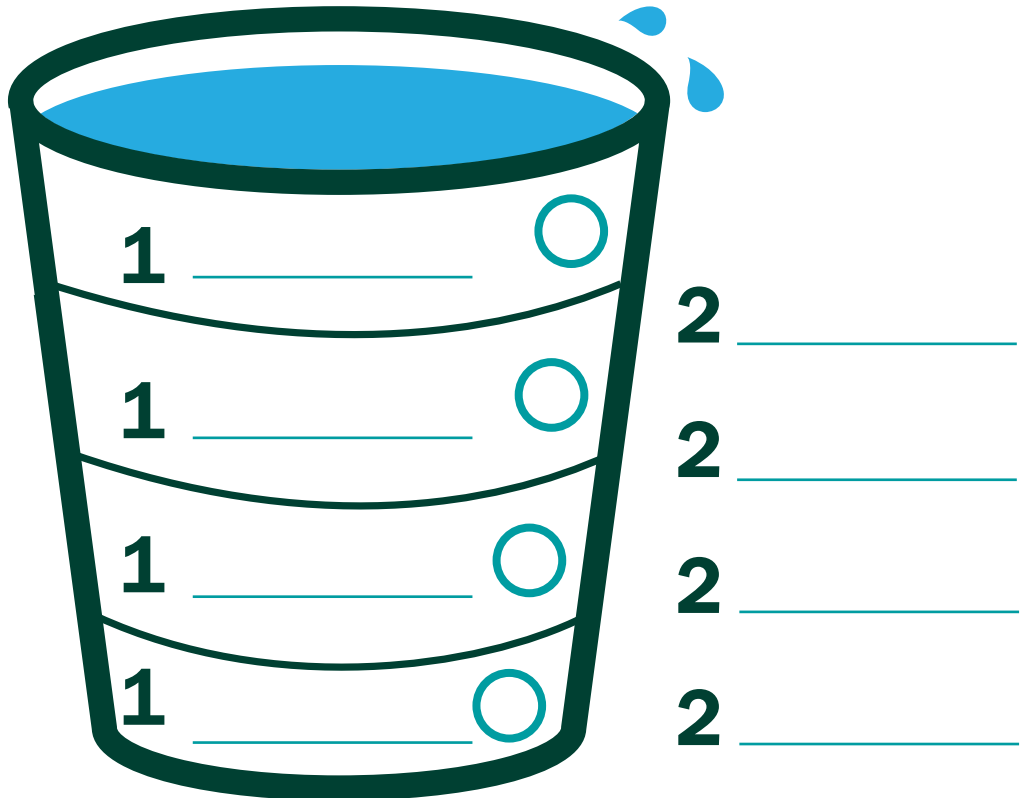


# STRESS BUCKET EXERCISE – WHAT’S IN YOURS?

Find better coping strategies to deal with stress and build resilience.



## STEP ONE

### WATER LEVELS

This represents the stressors that are concerning you.

**Action:** Fill in your current stressors, include work life and home.

## STEP TWO

### HOLES IN THE BUCKET

This represents your coping strategies.

**Action:** Fill in your strategies like hobbies, exercise or meditation.

## STEP THREE

### OVERFLOWING WATER

This represents your signs and symptoms of stress.

**Action:** Fill in your signs and symptoms like feeling overwhelmed, short tempered or anti-social.

## 3 SELF HELP TIPS

1. Find the evidence for your stressors, what are real and what are perceived?
2. Accept the areas you cannot change and take action in the areas you can change. Like asking for help, getting organised or speaking to a professional counsellor.
3. Change unhelpful coping strategies like drinking too much or overeating into more helpful ones. Like taking up exercise, healthier eating or getting more quality sleep. Read our 7 ways to resilience to get some useful tips.

**i** Good to know:

- Stressors are different for everyone. Some are perceived and some are actual but the reaction to stress is real for everyone.
- Your stress bucket may be shallower if you have health or mental health issues this means your stress bucket can fill up quicker.
- Coping mechanisms help you build resilience and manage your stress levels.



If you need immediate help to support a employee call  
**EmployeeCare** on  
**0800 917 9330**

Source: Stress bucket exercise has been adapted from The stress bucket by Brabban & Turkington 2002

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