



WELLNESS TOOLS / STRESS & COPING

How Full Is Your Stress Bucket?

Notice what is piling up before it spills over.

5 MIN

Small enough to use today. Practical enough to use again.

Stress tends to build from several places at once. Seeing the whole “bucket” can help you identify what is filling it and what helps drain it.

What is filling your bucket?

Work or school pressure

Money or uncertainty

Family or relationship stress

Health concerns

Too little sleep or recovery time

Too many decisions, tasks, or responsibilities

What helps empty it?

Rest, movement, food, water, time outside

Talking to someone supportive

Setting a boundary or saying no

Breaking a problem into smaller steps

Getting professional or practical help when needed

Write it down

The biggest thing filling my bucket today:

One thing that could lower the level by 10%:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.