

# THE STRESS BUCKET

SNS: Actively improving your wellbeing

- The Stress Bucket is a way to visualise the stresses in your life.
- Think of your vulnerability to stress as a bucket like the one shown on the next slide.

## INTRODUCING THE STRESS BUCKET

- Everyone's bucket is a different size depending on their genetic make-up, childhood, social background and events in their lives.
- If you're more vulnerable to stress because of these factors, your bucket may be smaller than someone able to cope with larger amounts.
- The water here represents the stress induced by difficult or challenging situations and events, therefore the bigger your bucket is, the more stress you will be able to cope with.
- When the water starts to overflow things can begin to go wrong.
- While you cannot change the size of your bucket, you can change the way you manage your stress and by doing so, stop your bucket from overflowing.



### **Academic Stress**

Refers to stress associated with studying, including study load, performance, and conflict with lecturers or tutors.



### **Intrapersonal Stress**

Includes stress from your physical health, financial situation, and mental health issues (e.g. depression, anxiety)



### **Interpersonal Stress**

Includes stress from your relationships with your roommates, parents, friends, and boyfriend/girlfriend.



### **Environmental Stress**

Refers to things in your work and living environments, including new and unfamiliar situations, or conflict between people you live with such as your parents.



**WHAT CONTRIBUTES TO YOUR STRESS BUCKET?**

**Academic Stress**



**Intrapersonal Stress**



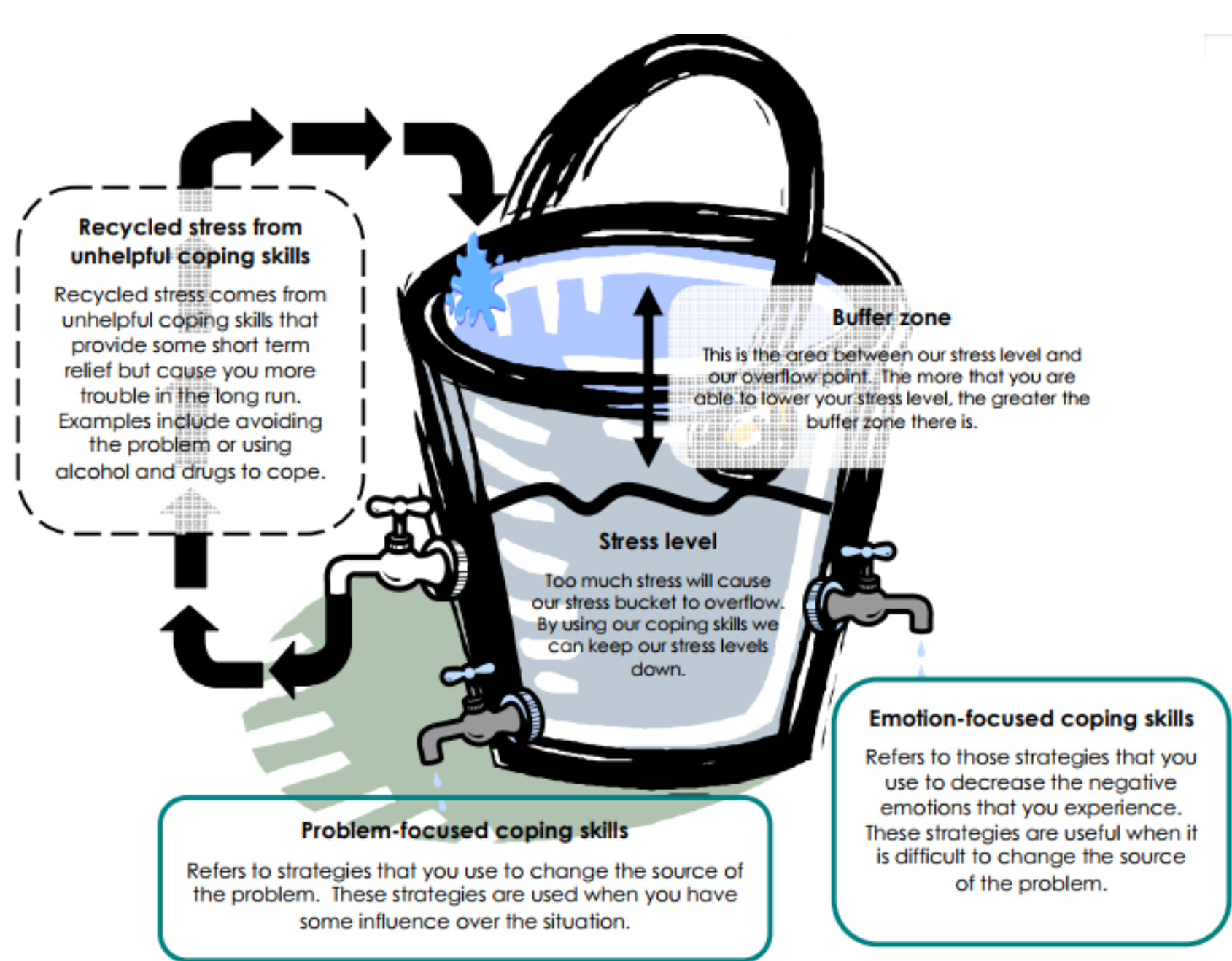
**Interpersonal Stress**



**Environmental Stress**



**NOW DISCUSS IN PAIRS WHAT STRESSES YOU  
COME ACROSS AND BRAINSTORM THEM AS A  
CLASS**



LUCKILY, THE BUCKET HAS TAPS.

BY OPENING THESE TAPS WE CAN LET THE STRESS OUT AND PREVENT OUR BUCKET FROM OVERFLOWING.

WE CALL THESE COPING SKILLS.

WHAT COPING SKILLS CAN YOU THINK OR DO YOU USE?

# IDEAS FOR COPING METHODS

## THE BASICS

- Get 8 hours sleep. This gives your body a chance to regenerate physically and mentally. It is also when your brain stores and organises memories.
- Hydrate! Consume at least 2 litres of water a day. Avoid juices and fizzy drinks as they cause a spike in sugar levels.
- Eat! You should be eat at least 2500 calories a day. Your body is growing and it needs energy to perform physically and mentally.
- Exercise! Your body releases 'feel-good hormone' serotonin during exercise which lifts your mood. Not to mention the physical benefits.
- Talk! If you need help, seek help.

## IF YOU'RE FEELING ADVENTUROUS

- Try mindfulness. We are lucky to have teachers who are qualified to teach it here. Speak to Mr. Collins if you're want to know more.
- There's loads of apps out there...Headspace is a very popular one and there are self-help books in the library as well.
- Try Yoga. It helps you to physically relax and also mentally wind down. It also teaches you the importance of your breathing in relaxation.
- Volunteer. Studies have shown that one of the best ways to make yourself feel good is to know that you are making a positive contribution. We're looking for Peer Listeners you know...