Stress Bucket Worksheet

One way to better understand our stress is to think of it as a bucket. Each stressor is a stone in the bucket. The bigger the stress, the bigger the stone. We usually do okay until the bucket overflows. Then we struggle or make a poor choice. If we get angry, we usually get angry at the last stone that made the bucket overflow, but the real reason is all the other stones in the bucket. When we feel like our bucket is overflowing, we can’t always do something about that last stone, but we can do something about one of the other stones in that bucket.

* Here’s a bucket – or draw your own. Think of the different things that cause stress in your life and draw a stone in the bucket for each.
* Is your bucket overflowing?
* Are there any stones that you can remove or make smaller?
* Which stones are ones you have to have there, and which are ones that don’t have to be there?