



Stress Bucket Assessment

Understand Your Stress

Imagine your capacity for stress is a bucket. We all have different sized buckets depending on our genetics and life experiences. Stress flows in from the top (work, family, health), and if we don't have holes in the bottom to release that stress (coping mechanisms), the bucket overflows, leading to burnout or anxiety.

 **↓ Stress In**
 Everything that adds pressure to your life flows in here.



 **↓ Stress Out**
 Healthy coping habits act as taps to release the pressure.

1. Stress Inflows & Warning Signs

What fills my bucket?

Check all that apply right now:

- School / Work
- Relationships
- Health
- Overthinking
- Responsibilities

Warning Signs

How do I notice I'm overwhelmed?

- Irritability
- Trouble sleeping
- Racing thoughts
- Low energy
- Feeling anxious

What else is adding stress to your life?

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Other signs my bucket is full:

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2. Stress Outflows: Releasing the Pressure

These are the taps at the bottom of the bucket. What helps you cope or feel better?

- Talking to someone
- Exercise / Movement
- Music / Art
- Rest / Sleep
- Journaling
- Being outside

My Personal Coping Plan

List 3 specific things you can do when your bucket feels full.

3. Control vs. Overload

Sometimes we fill our buckets with things we cannot change. Separate your stressors below.

What I CAN Control	What I CANNOT Control

I will focus my energy on what I can control.

4. Reset & Reflection

Stress Level Check

How full is your bucket right now? (Circle one)

Empty	1/4	Half	3/4	Full
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Reset Moment

Take a moment to pause.

Inhale (4 seconds)

Hold (4 seconds)

Exhale (4 seconds)

I took a moment to pause.

Final Reflection

What did I learn about my stress today? What will I do differently this week?



Affirmation: I can manage my stress one step at a time. I am taking care of myself.