

## Stress Container Exercise

It is useful to reflect on the things that cause you stress and how you manage these.

This can help you work out the things you can change, the things that are beyond your control and some strategies to help you cope.

It can be useful to think of your body having a “stress container”. When you feel resilient you will have more room in your container before you begin to struggle. If you are feeling vulnerable you will have less room before you begin to feel overwhelmed.

Write down all the things that are currently in your stress container.

Think about how you can release the tap to allow the stress to actively let your stress out rather than allowing it to build up and overflow.

Ask yourself:

1. What can I change or manage differently?
2. What things are beyond my control and I need to accept?
3. What do I need to do urgently?
4. Who can I call on for help?
5. What are some of the unhelpful ways I try to manage my stress?
6. What useful ways could I use? What things could I try that would help eliminate my stress?

