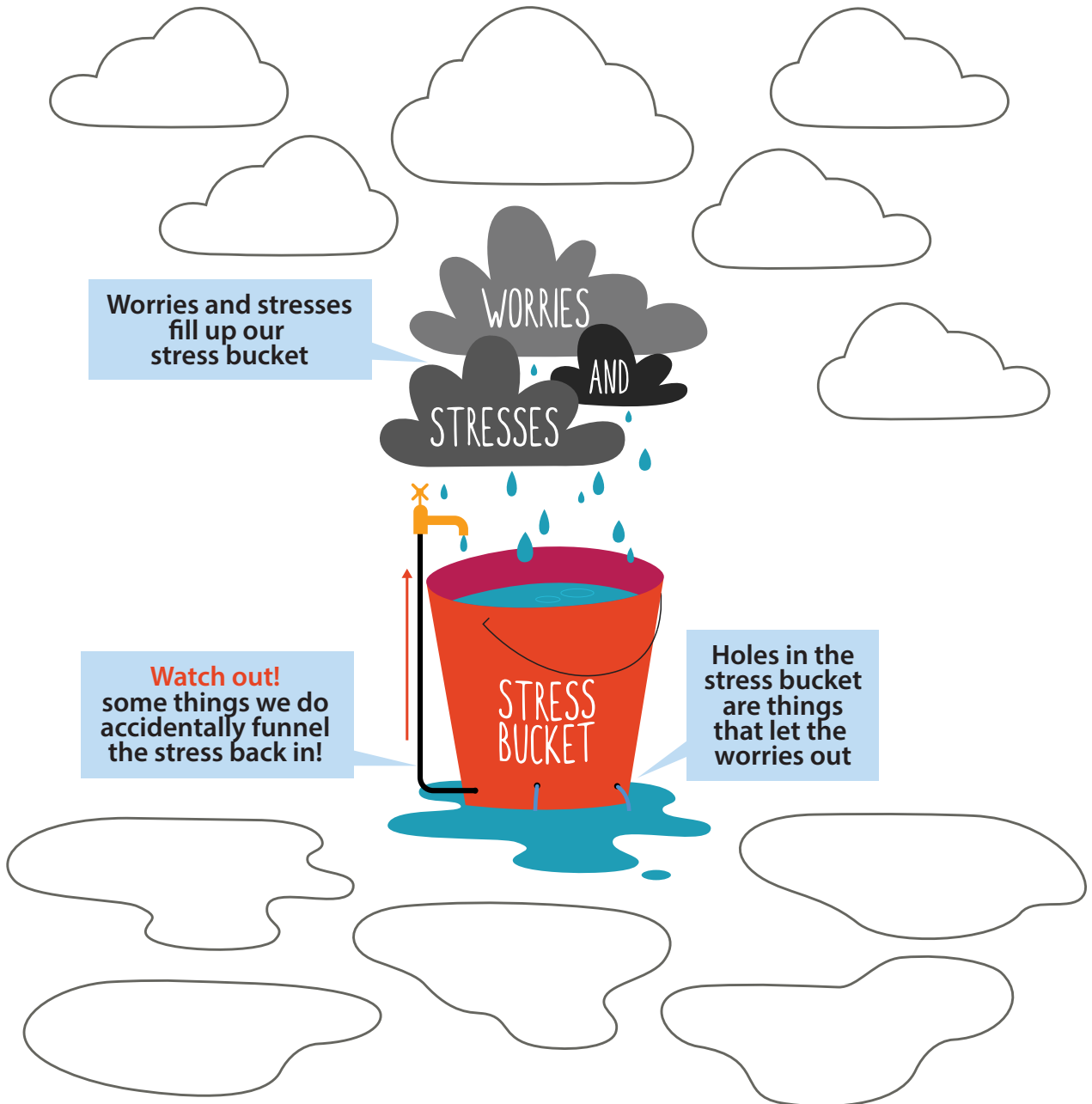


# Stress bucket

Everyone has a stress bucket. What fills yours up? Write or draw in the clouds below.

What things help you to punch holes in the bottom and let some stress out? Add the things that relax you in the puddles under the bucket.



Is there anything that seems to help but actually funnels the stress back in later on? Those puddles could have an arrow pointing back into the bucket.