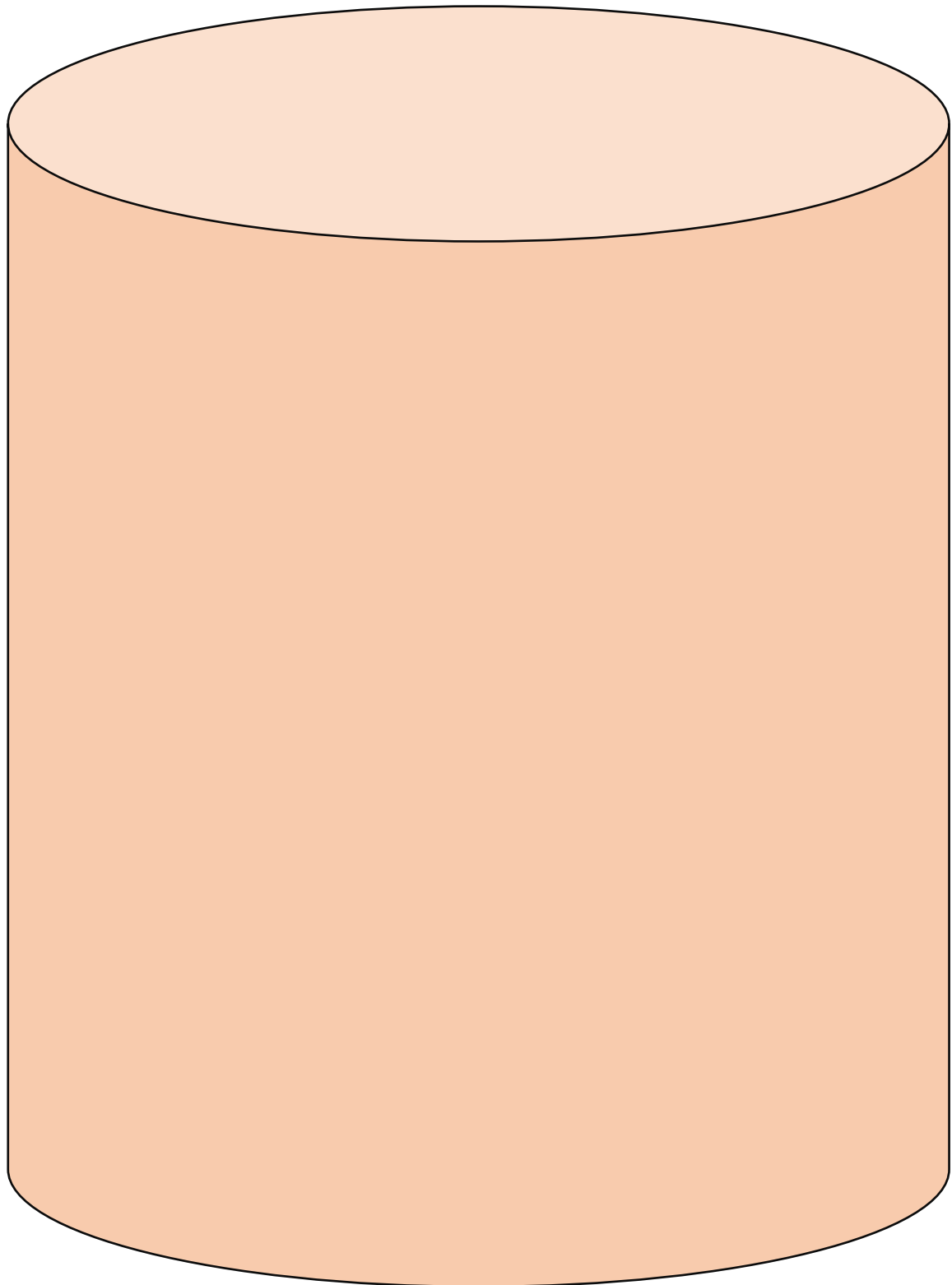


Stress Container Activity

(Can be printed or done in document)

By identifying what causes our stress we can take actions to manage and improve it.

Empty everything that is in your head concerning work, study, and home life into your Stress Container, writing it below:



Now ask yourself the following:

- 1. Do I have any evidence to support my feelings about the stressors in my container?**

.....
.....
.....

- 2. What can I change?**

.....
.....
.....

- 3. What can't I change and need to accept?**

.....
.....
.....

- 4. What needs my urgent attention?**

.....
.....
.....

- 5. Can anyone help me?**

.....
.....
.....

Helpful and Unhelpful coping strategies

People react differently to stressful situations. Below is a list of potentially helpful coping strategies for when the Stress Container is full.

Go through each activity and mark honestly how often you use it to manage your stress.

Response	Never	Sometimes	Often
Meditate and engage in relaxation			
Stretch			
Exercise			
Listen to music			
Rest, get a good amount of sleep			
Watch television			
Go to the cinema			
Read			
Work on puzzles or play games			
Go for a walk			
Go to the gym			
Relax in a steam room or sauna			
Create a schedule & prioritise work			
Participate in some form of recreational activity			
Engage in creative self-expression			
Spend time outside in a garden			
Socialise with friends			
Talk to people			
Engage in a hobby			

Below is a list of potentially unhelpful coping strategies for when the Stress Container is full.

Go through each activity and mark honestly how often you use it to manage your stress.

Response	Never	Sometimes	Often
Act Violently			
Yell at someone			
Overeat			
Do not eat for long periods			
Drink excessive amount of alcohol			
Drink lots of coffee			
Smoke tobacco			
Kick something			
Throw something			
Drive fast in a car			
Pace up and down			
Bite your fingernails			
Take non-prescribed tranquilisers			
Take non-prescription Valium or other drugs			
Procrastinate			
Withdraw from family & friends			

Compare the number of helpful and unhelpful coping strategies. If your unhelpful responses outnumber your helpful, you may have reason to be concerned about your stress levels. You could try some of the helpful coping strategies to reduce the level of stress in your Stress Container.