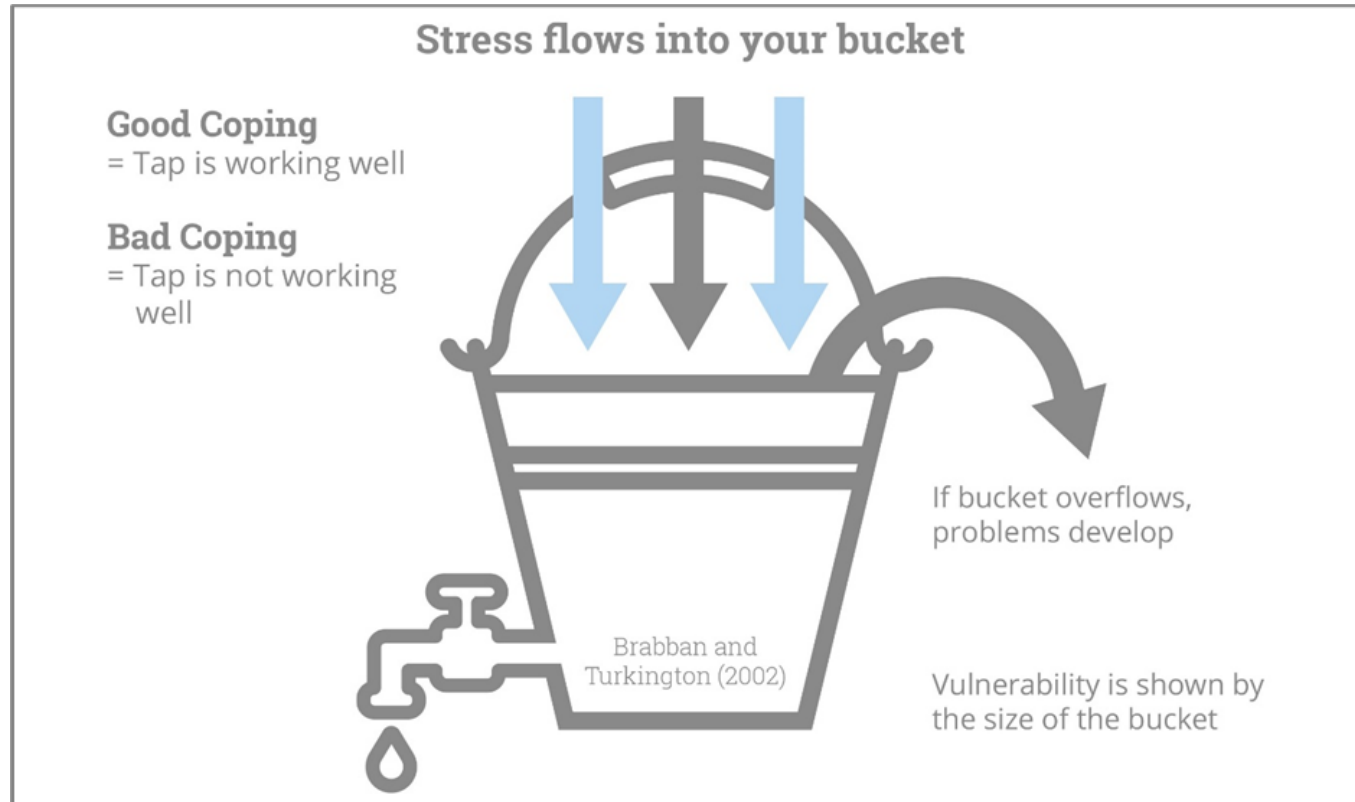


The Stress Bucket Model

Northern Care Alliance
NHS Group



We all experience stress to some degree. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and prolonged stress can eventually lead to problems.

The stress bucket is a way to visualise this.



The Stress Bucket Model

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Imagine you have a bucket which collects all of your stress. Events and day-to-day things, such as work, home life, illness, finances, this all adds stress into the bucket. Sometimes the bucket might feel relatively empty, and other times it might feel quite full.

When we are going through a particularly difficult time, it is normal for our bucket to feel full or overflowing, but common signs of the stress bucket overflowing can include: Feeling burnt out, snappy or irritable, anxious, fatigued, low and tearful.

If we notice ourselves feeling like this, it is important to try to let some of the stress out. We can do this by engaging in some positive coping strategies – you might like to think of these as taps in the side of the bucket, which you can turn on to let some of the stress out. Socialising, exercise, mindfulness, reading, having a bath, taking a break asking for help.

Do what you need to do to reduce your stress levels.

