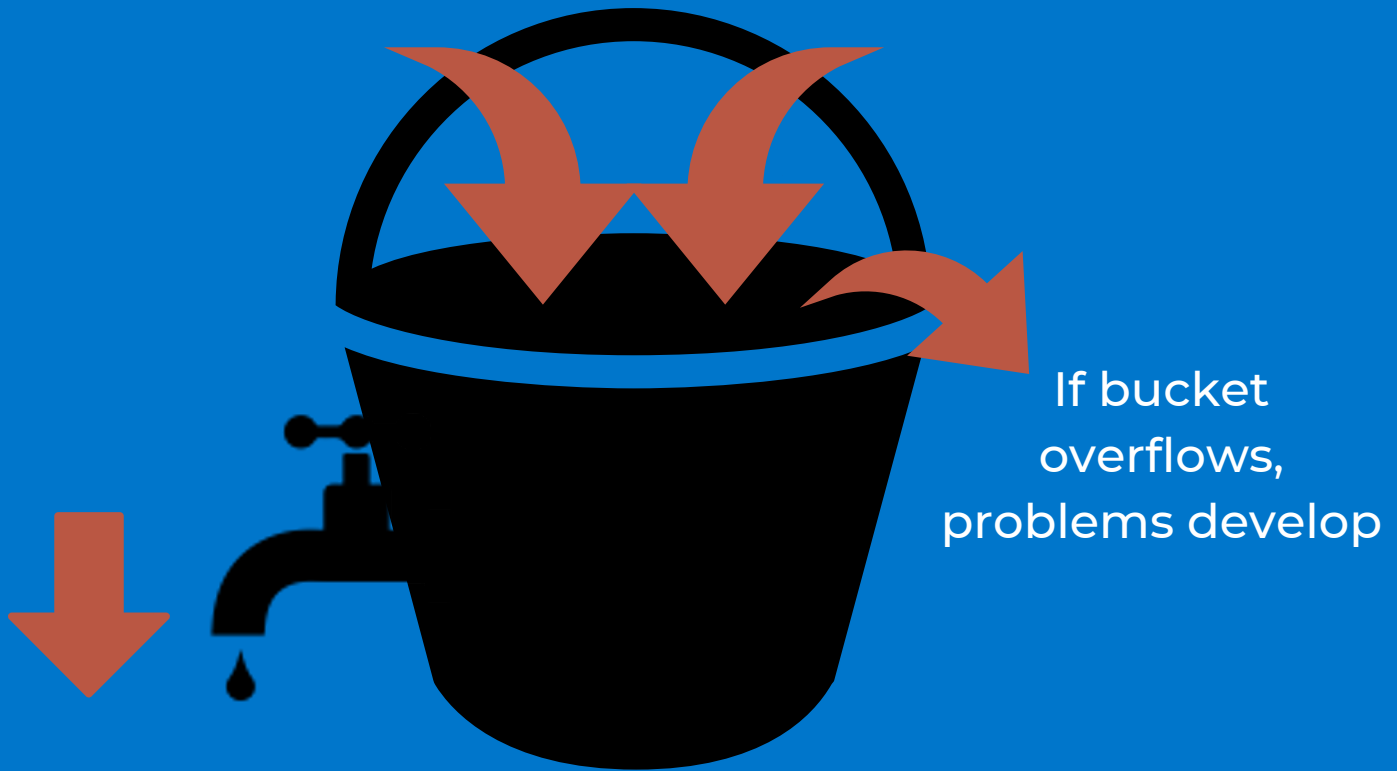


Stress flows into the bucket



Coping = tap is working to let the stress out
Not coping = tap is not working so water fills the bucket

Your stress bucket

Stressors coming in:

Coping strategies:

Reflections

1. Do you have any evidence to support your feelings about your stressors in your container?



2. What can you change?



3. What can't you change and need to accept?



4. What needs urgent attention?





Mindfulness

This exercise can be done standing up or sitting down, and pretty much anywhere at any time. Either way, all you have to do is be still and focus on your breath for just one minute.

1. Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
2. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
3. Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
4. Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
5. Then watch with your awareness as it works work its way up and out of your mouth and its energy dissipates into the world.