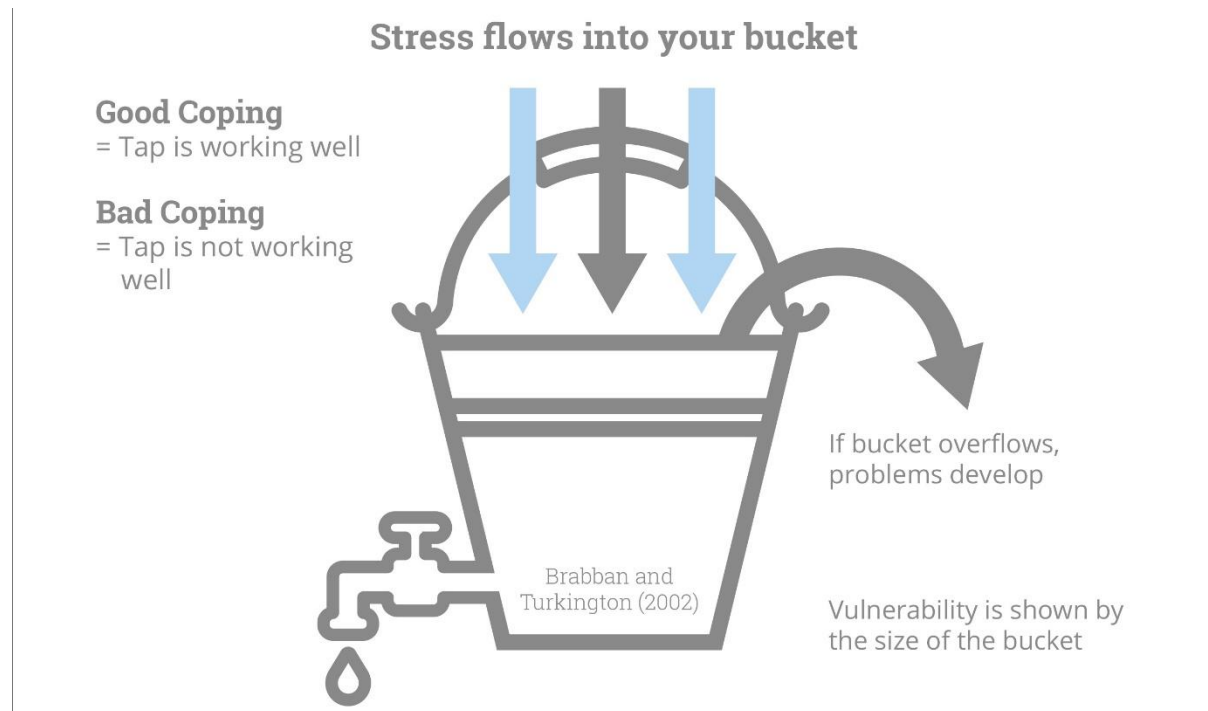


## The Stress Bucket :



### How full is your Stress Bucket?

In simple terms the size of your bucket is an indicator of your vulnerability and the use of your tap can help ensure the bucket of stress does not overflow. For a more detailed explanation please see the link below. You may be able to help your student work on ways to relief stress and this visualisation could help.

[How Full is Your Stress Bucket? | Altruist Enterprises \(altruistuk.com\)](http://altruistuk.com)