

WELLBEING RESOURCE

STRESS CONTAINER

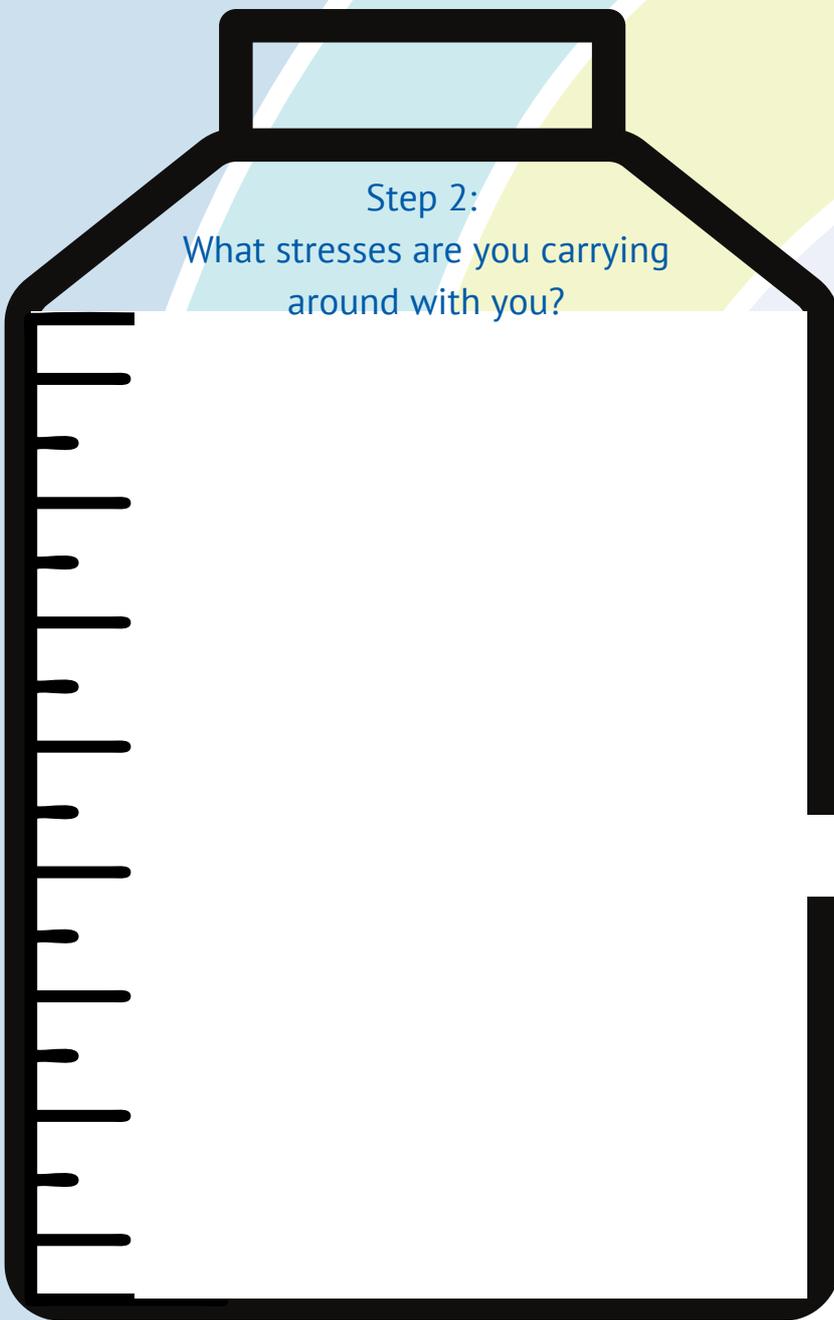
Step 1:

What external factors in your life are causing you stress at the moment?



Step 2:

What stresses are you carrying around with you?



How full up is your stress container (0-10)

Step 3:

What are you doing to offload/vent the stress in your container?

