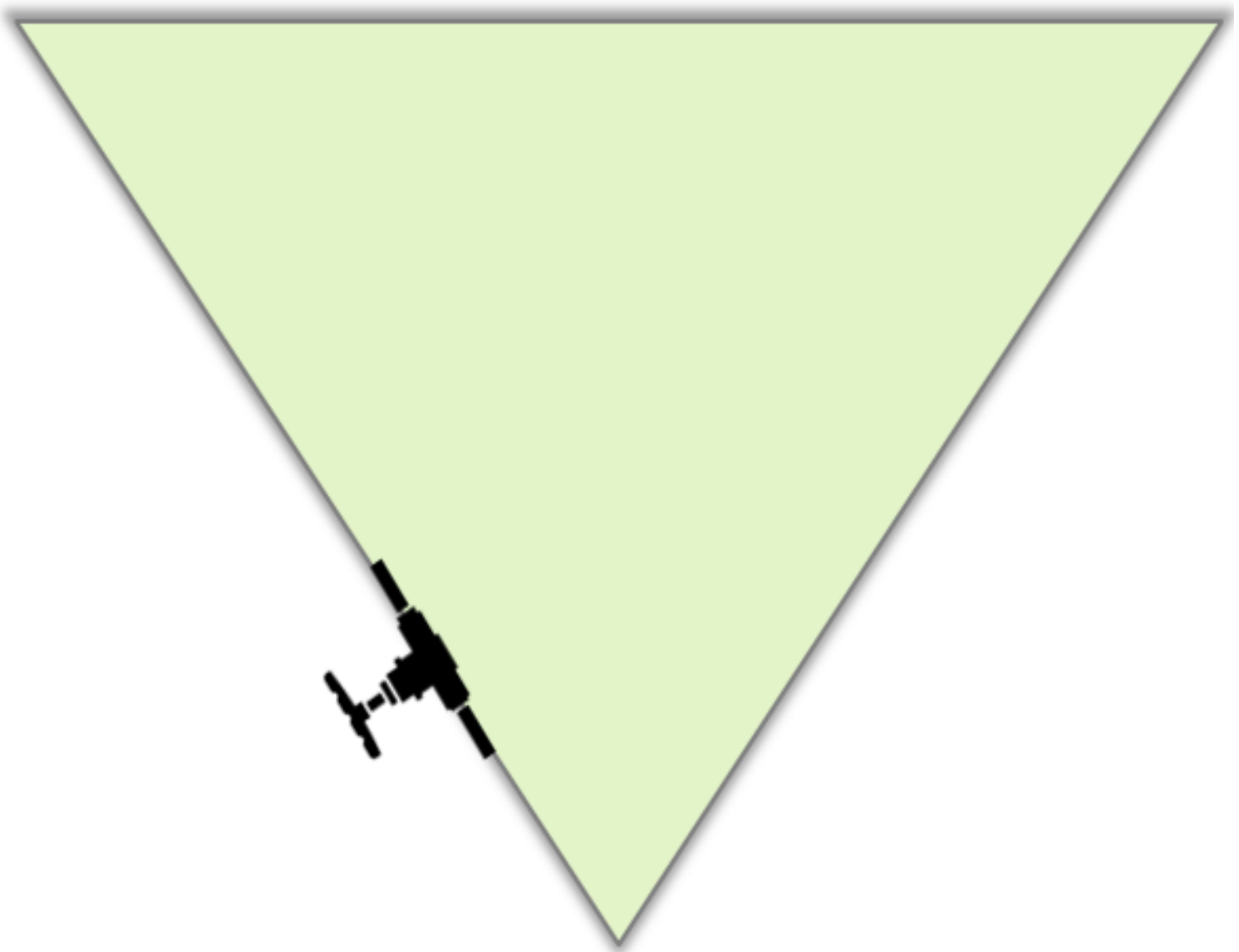


Stress Container - What's in yours?

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?

6. What are some of my unhelpful coping strategies?

7. What are some of my helpful coping strategies?