

# Processing Stress – Managing a Full Bucket

**This bucket represents our mind. Each day we have things that come into our 'buckets' that can fill them to capacity. When our buckets are filling up, it can impact our mental wellbeing.**

## Examples:

- Locking your keys in the car
- Having a heated conversation with your boss
- Receiving challenging news
- Plans you are excited for are cancelled

All of these moments and life events can make us feel stressed, uncertain or out of control. One of the most effective ways we can manage stress and 'reduce our bucket load' is to focus on actions we can control.

Consider what actions and ideas could help you in reducing your bucket load. Check out the Stay ChatTY self-care menu for some helpful actions and ideas to get you started:

<https://staychatty.com.au/wp-content/uploads/2020/03/Self-Care-Menu.pdf>

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, please call Lifeline on 13 11 14, Emergency Services on 000 or check out our website for more resources:

[www.staychatty.com.au/get-help/](http://www.staychatty.com.au/get-help/)

Consider what is filling up your bucket.  
What might be adding to feelings of overwhelm, stress or worry right now?  
Place those concerns into the bucket below:

