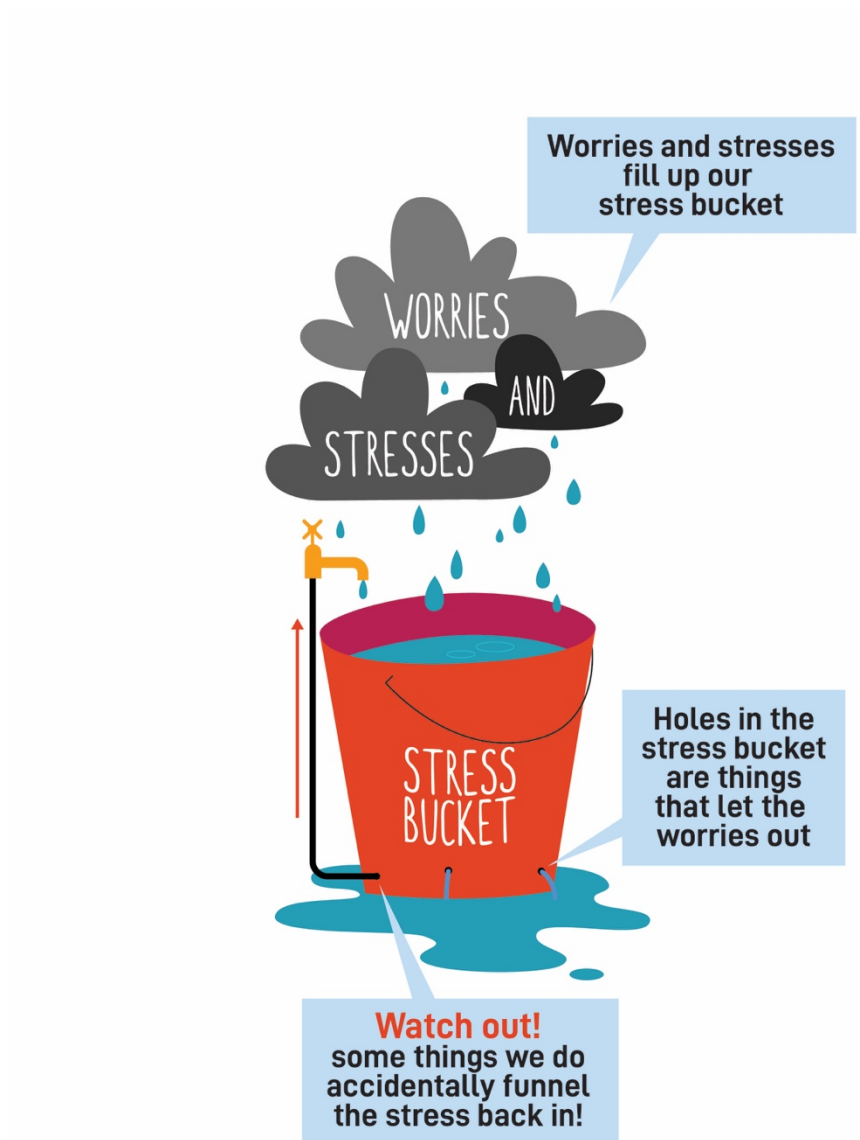


Stress bucket

Everyone has a stress bucket. What fills yours up?

What things help you to punch holes in the bottom and let some stress out?

Is there anything that seems to help but actually funnels the stress back in later on?



Downloadable for free from www.lucymaddox.co.uk/resources

Created to accompany the book 'What is Mental Health?' by Dr Lucy Maddox