

Stress bucket worksheet

Stress comes in many shapes and forms. Sometimes a bit of stress can be positive, if it pushes us to achieve an important goal, for example. However, too much stress can make us feel overwhelmed and it becomes more difficult to cope. It might be during these times that it is harder to manage life with diabetes. The stress bucket is a good way to think about this.

The rain clouds at the top of the bucket represents all the types of stress you experience. As more rain falls, the bucket gradually fills up. You can release water (stress) by finding ways to open the tap at the bottom.



My sources of stress:

Things I can do to release stress:

Reference: Brabban and Turkington (2002)