

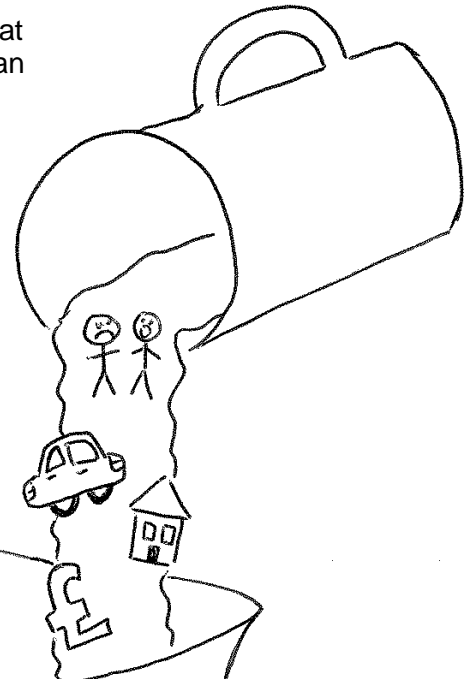
**Worksheet 5.1  
Stress beaker**

Imagine that you have a beaker with water in. Every stressor that you experience adds a bit more water into the beaker. These can be unpleasant things like our symptoms, or a traffic jam. They can also be “good” things, like arranging a day out. In fact just about anything in the right circumstances.

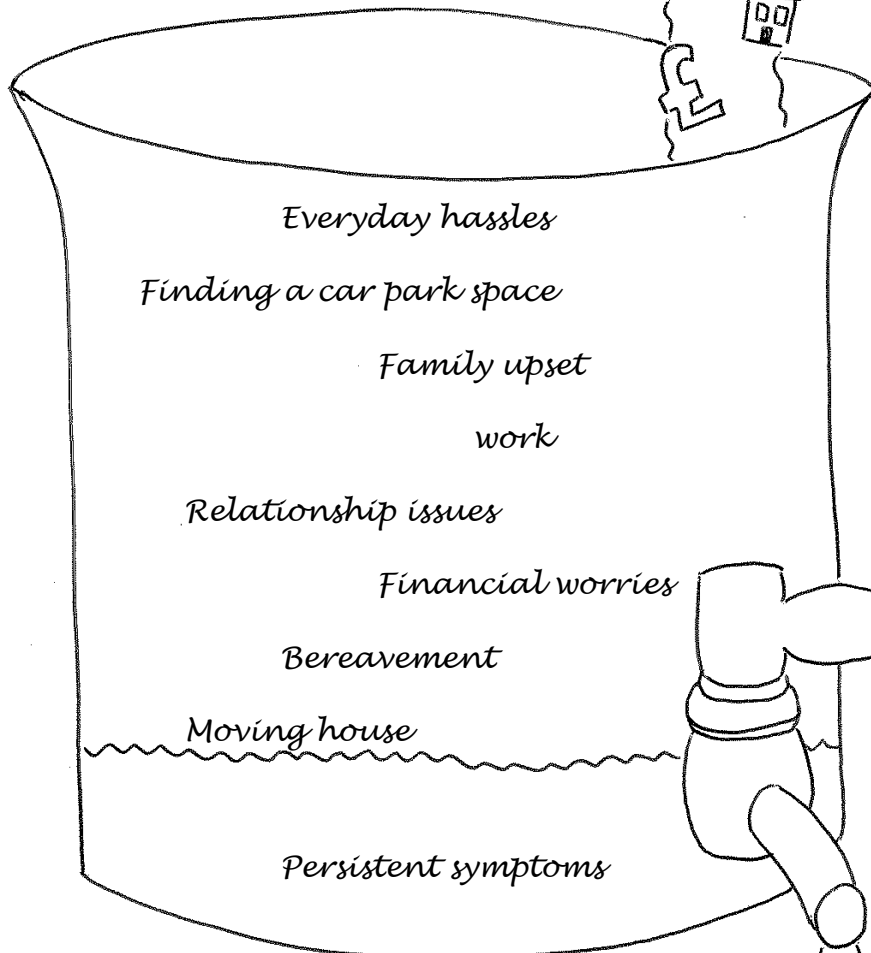
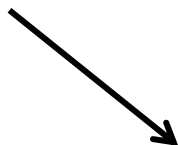
There comes a point at which the beaker is full and spills over – at this point we are struggling to handle the stress we are under.

To prevent this it is important that we identify ways to:

- reduce the stressors (pouring less water in)
- relieve stress (let water out)



**Stressors**



**Stress relievers**



*Develop good sleep habits*

*Having fun, laughing, spending time with friends*

*Exercise, yoga, swimming*

*Relaxation, meditation & mindfulness*

*Eating regular healthy meals*

*Taking time out, holidays and breaks*

*Put yourself first once in a while*



**Worksheet 5.1  
Stress beaker**

What are your stressors  
and stress relievers?  
Complete your own  
stress beaker.

