



It's good to talk about our
mental health

BBC

Stress Container Exercise

It can be good to think about things that are causing you stress and how you can manage these.

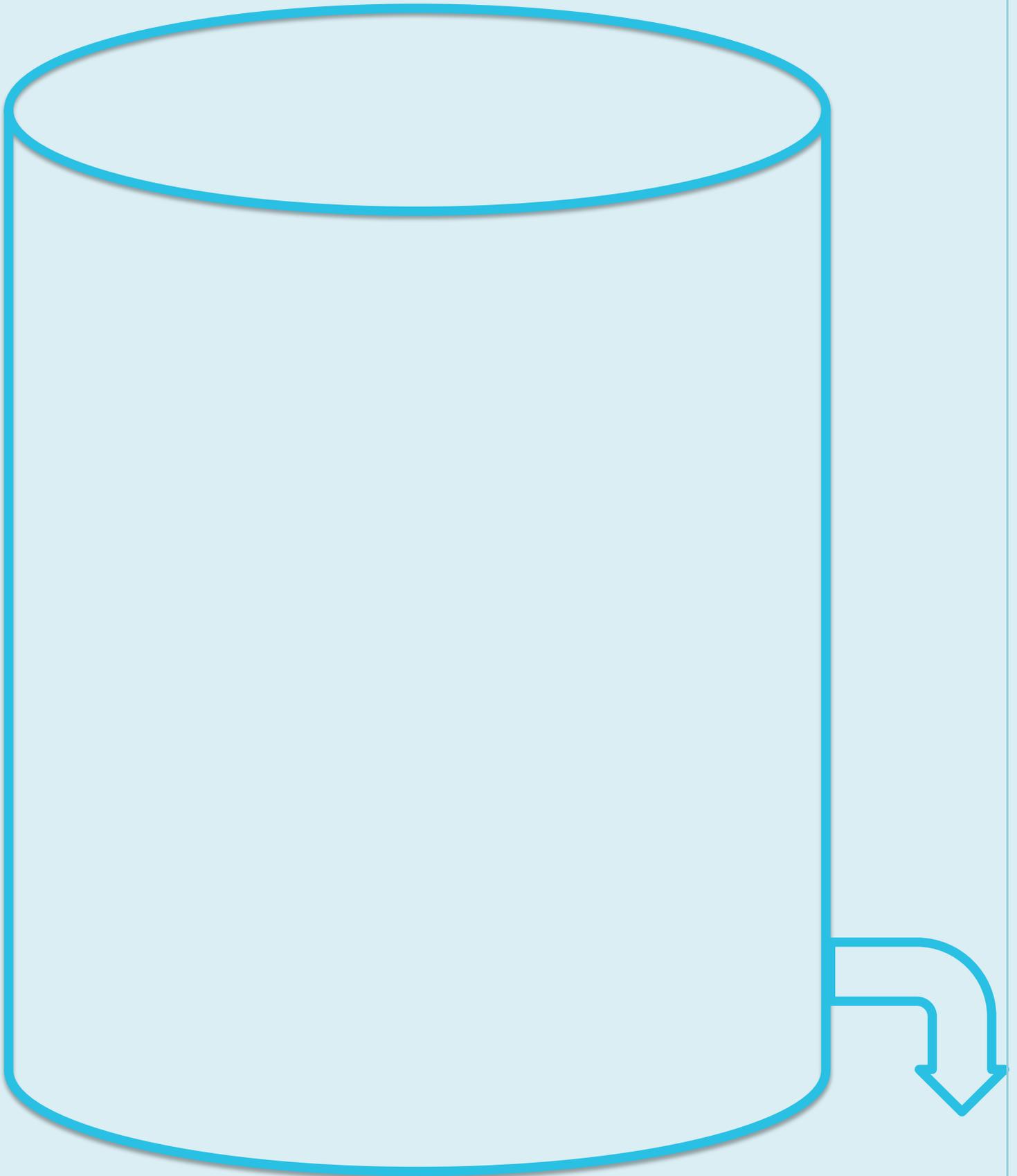
This can assist you to work out the things you can change and the things that are beyond your control as well as giving you an insight into what can make a difference.

The “**Stress Container**” is one way of thinking about it.

If you are feeling resilient your container may have room for plenty of pressure before you start to struggle and feel overwhelmed and stressed, but if you are feeling vulnerable your container may be small and fill up quickly.

Think of this as your stress container, write inside it all the things in your life that put you under pressure - in work, at home, everywhere.

Look at how you can 'open the tap' (this represents coping mechanisms) to release some of the pressures, rather than let the container overflow.



Now ask yourself the following, if you could perhaps turn the tap to empty it a bit:

1. What can I change or manage differently?
2. What can't I change and need to accept?
3. What needs my urgent attention?
4. Can anyone help me?
5. What are some of my unhelpful ways that I try to cope?
6. What are some of the useful ways that I use to try to cope? What else could I do?