

Reflecting on Your Coping Mechanisms

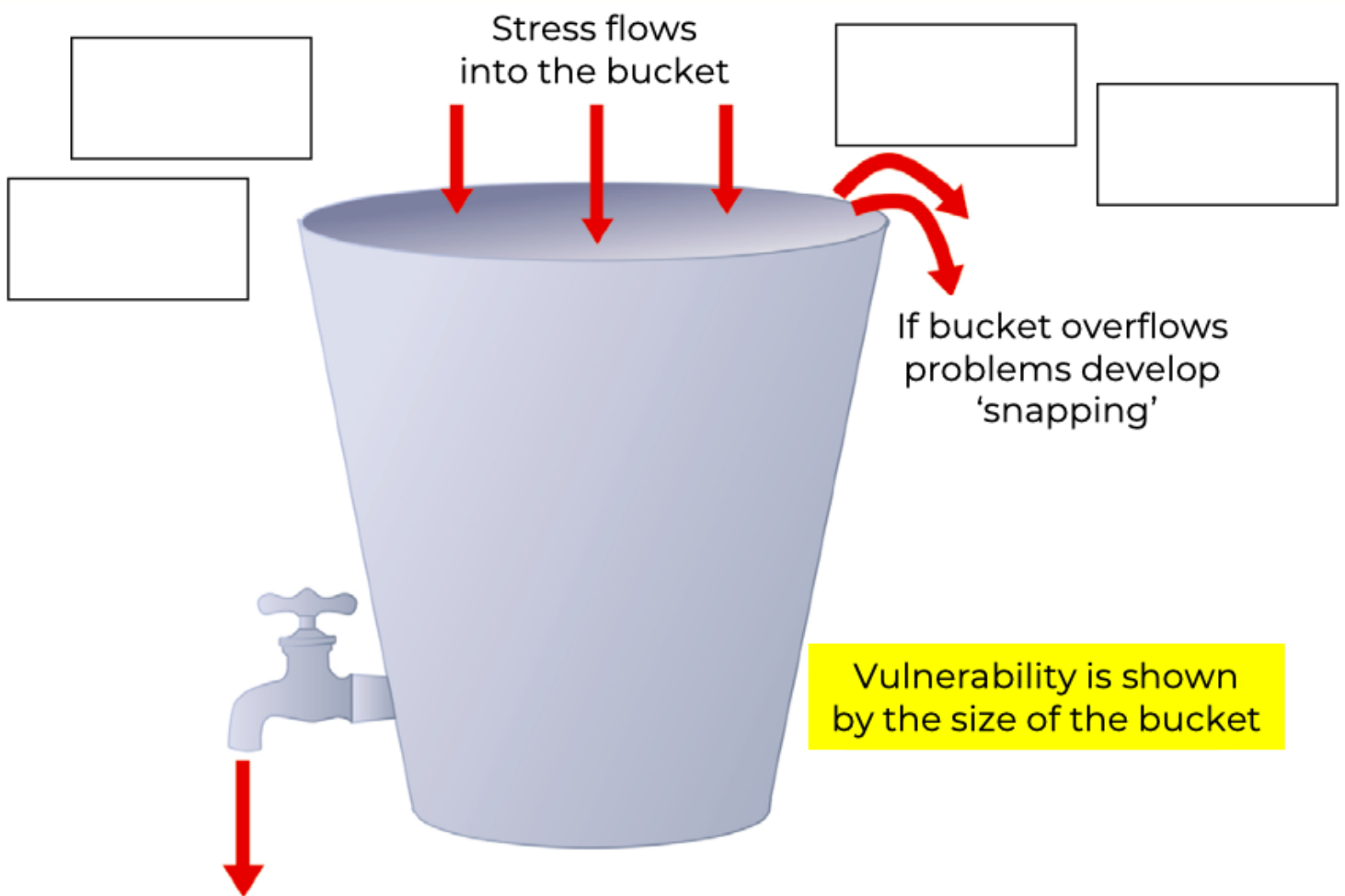


The types of stressors that could fill up our container might include:

- Work – pressure, deadlines, interpersonal relationships
- Life – financial, health, relationships, family

Use the template below to reflect on your own Stress Container by reflecting on:

- The stressors flowing into your container
- Your healthy and unhealthy coping mechanisms



Good/healthy coping mechanisms = tap working, lets the stress out

Bad/unhealthy coping mechanisms = tap not working, water fills the bucket

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