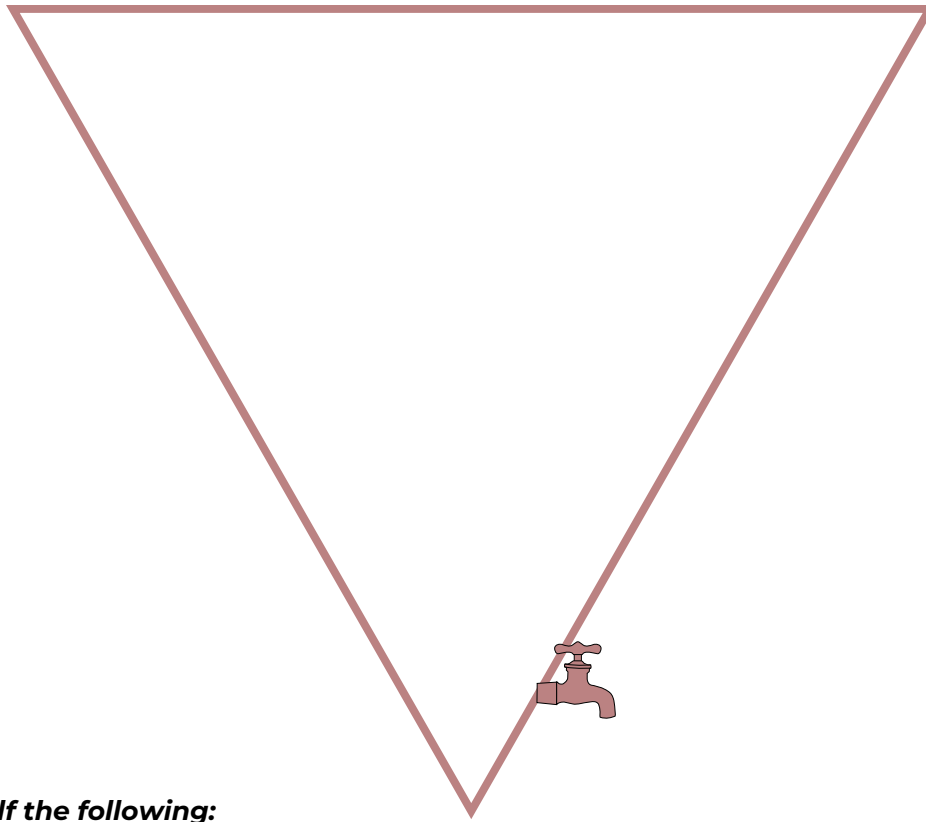




# Stress Container: What's in yours?

Empty everything that is in your head concerning work, relationships and home life into your stress container, writing it below.



**Now ask yourself the following:**

1. Do I have any evidence to support my feelings about the stressors in my container?

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2. What can I change?

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3. What can't I change and need to accept?

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4. What needs my urgent attention?

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5. Can anyone help me?

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6. What are some of my unhelpful coping strategies?

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7. What are some of my helpful coping strategies?

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