

STRESS BUCKET

Understanding load, capacity and recovery

AT A GLANCE



The bucket represents accumulated demands. Stressors fill it; coping, recovery and support help create capacity and reduce overflow.

KEY IDEAS

STRESSORS

Work, relationships, health, uncertainty and daily demands.

CAPACITY

Sleep, health, safety, time, resources and previous stress.

WARNING SIGNS

Irritability, tension, poor concentration, withdrawal or exhaustion.

OUTLETS

Rest, movement, problem-solving, boundaries, support and joy.

WHY IT MATTERS



The model shifts attention from personal failure to load, resources and practical ways of restoring balance.

PUTTING THE IDEA INTO PRACTICE

1

CHECK LEVEL

Low, manageable, filling, overflowing or overwhelmed?

2

REDUCE LOAD

Pause, postpone, delegate or simplify where possible.

3

ADD SUPPORT

Use coping tools and contact safe people.

4

RECOVER

Prioritise sleep, nourishment and realistic pacing.

REFLECTION PROMPTS

1

What is filling my bucket?

2

Which outlet is available?

3

What can be reduced or shared?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.