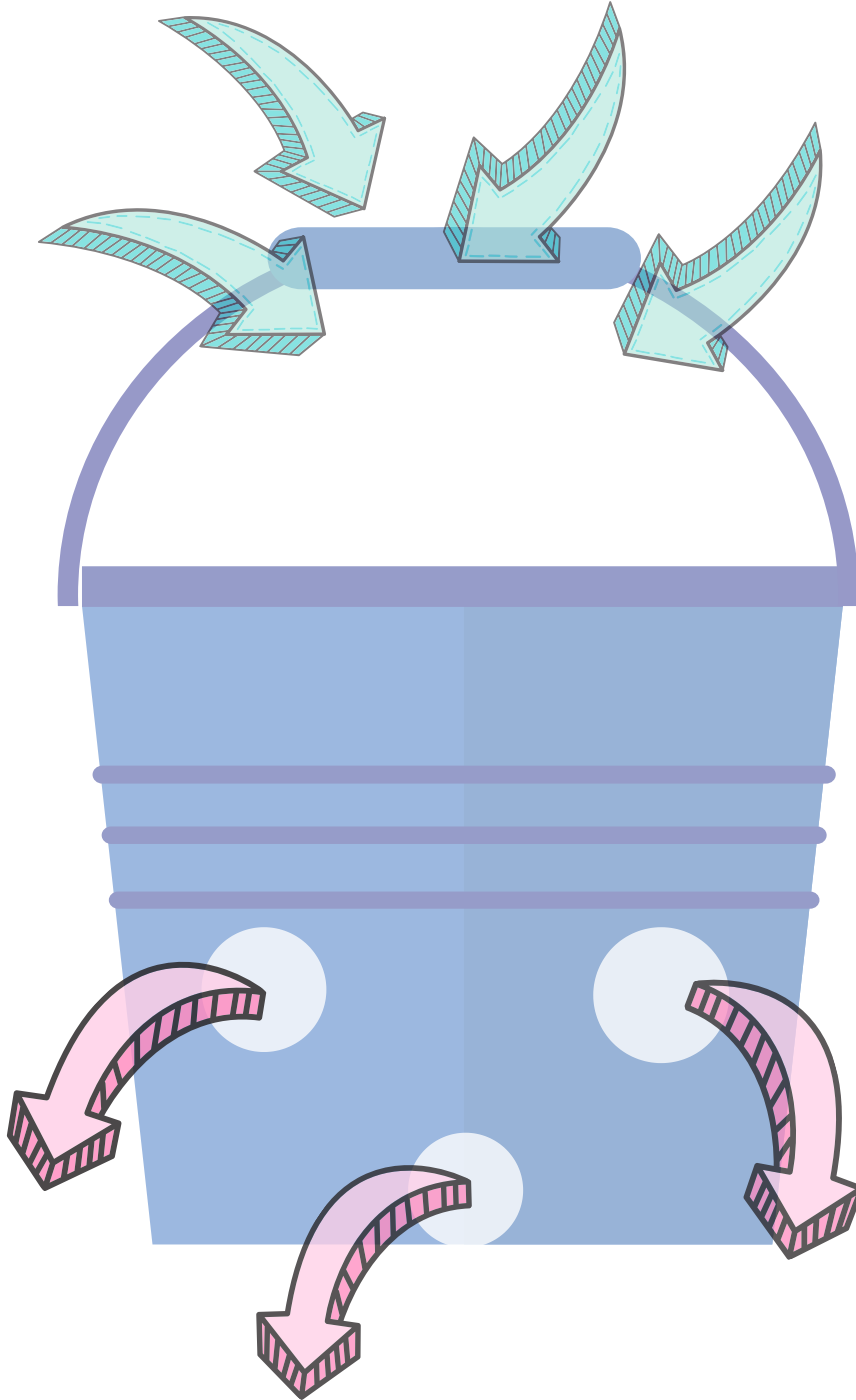


WHAT STRESSORS ARE FILLING YOUR BUCKET UP?

Write or draw them around the arrows at the top.



What helps to empty your bucket of stress?

Write them or draw them around the bottom.