

# Stress Bucket

**Stressors**

Developed from an idea by  
Brabban & Turkington (2002)

 **Mind**  
Lancashire

Normal

Relaxed

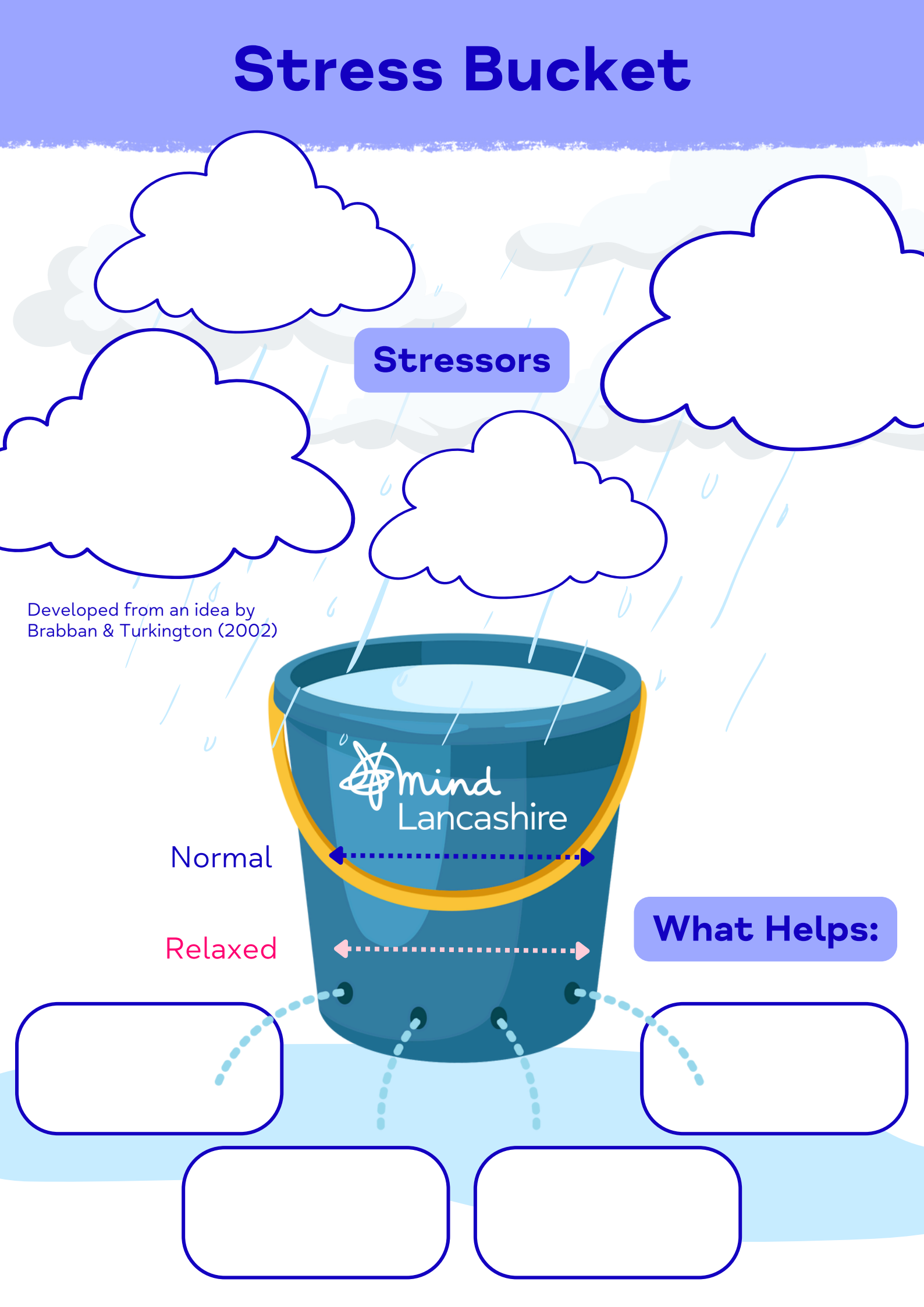
**What Helps:**

Empty rounded rectangular box for notes.

Empty rounded rectangular box for notes.

Empty rounded rectangular box for notes.

Empty rounded rectangular box for notes.



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