

## Helping you to manage stress

Imagine you have a bucket that collects all your stress. The bucket fills up as you experience different types of stress such as school, home life, and other events. If too much stress pours into the bucket, it can overflow leaving you feeling burnt out, irritable, or anxious. Positive coping strategies act like taps, letting some of this stress out to keep your mental health balanced.

Write down the things that are causing you stress, and things that you can do to distract yourself or make you feel better. Check out page 2 for ideas and inspiration.

What is causing you stress?

What stress symptoms have you experienced?



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

What activities will make you feel better?

.....

.....

.....



## Serotonin

The mood stabiliser

- Being outside in nature
- Having a massage
- Breathing exercises
- Practicing daily gratitude
- Aerobic exercises

## Endorphins

The pain killer

- Creative activities
- Laughter
- Random acts of kindness
- Taking a hot bath

## Dopamine

The reward chemical

- Celebrating success
- Getting enough sleep
- Mindfulness or meditation
- Listening to music
- Sunlight exposure

## Oxytocin

The love hormone

- Practicing yoga
- Cuddles and hugs
- Petting a dog or cat
- Telling someone how much you care
- Spending time with friends



Buckinghamshire  
Council



maximus

Funded by Buckinghamshire Council and the NHS, this service is delivered by Maximus.

For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting 24-1100