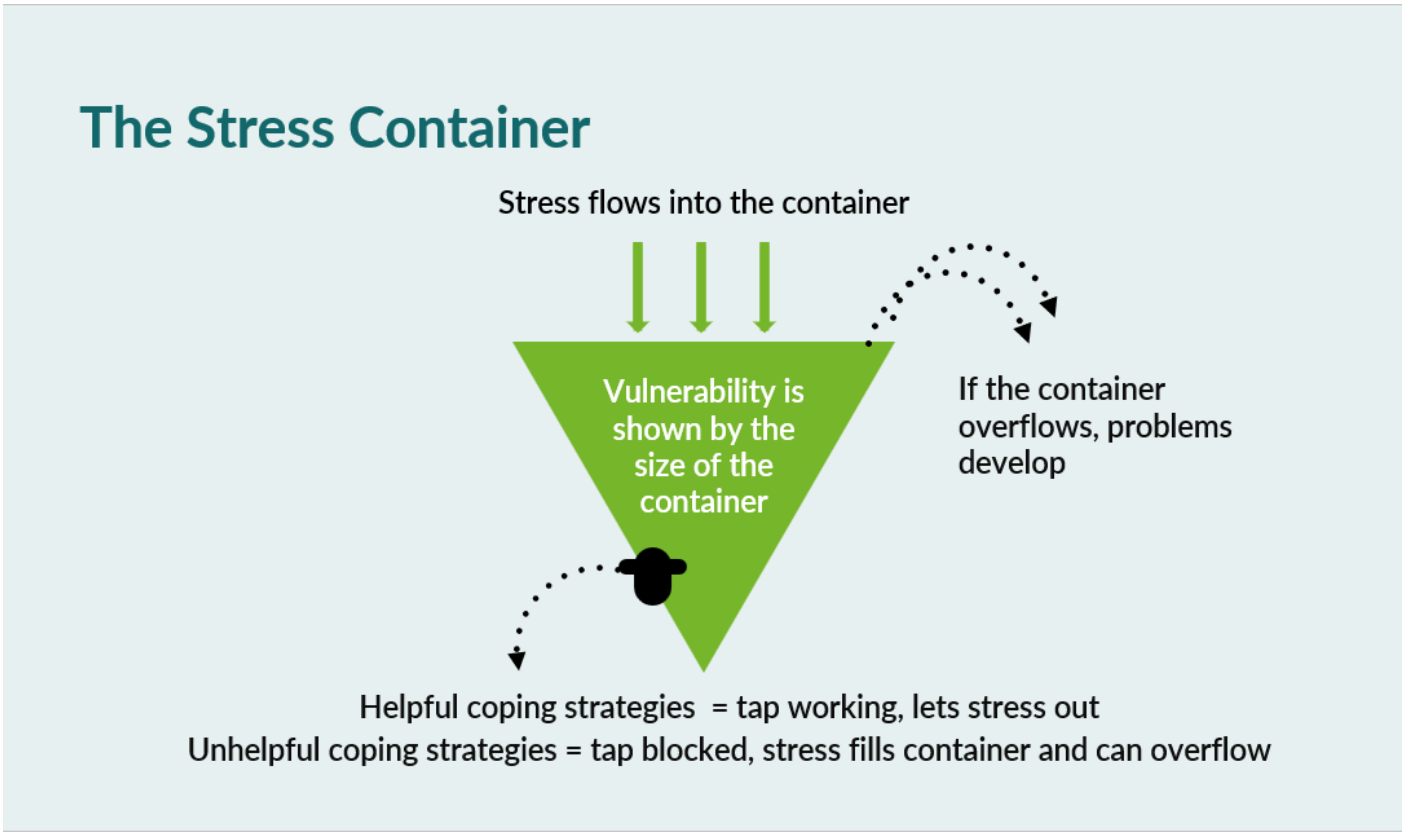


Understanding the Stress Container
The **Stress Container** is a simple way of understanding how stress affects us.
Imagine that everyone has an invisible container that holds the stress in their life. Stressors such as work pressures, financial worries, relationship difficulties, illness, caring responsibilities, or major life changes all flow into the container.

The **size of the container** varies from person to person. Some people have a larger container and can hold more stress before they feel overwhelmed, while others may have a smaller container and fill up more quickly. This does not mean one person is stronger than another; it simply reflects individual circumstances, resilience, support networks, and life experiences.

At the bottom of the container is a **tap**, which represents our coping strategies. When the tap is open and working well, stress can flow out. Helpful coping strategies might include talking to others, exercising, getting enough sleep, taking breaks, practising relaxation techniques, or seeking support when needed.

If the tap becomes blocked or is not working effectively, stress cannot escape. The container begins to fill up and may eventually **overflow**. When this happens, people may experience difficulties such as feeling overwhelmed, anxious, irritable, exhausted, unable to concentrate, or struggling to cope with everyday tasks.

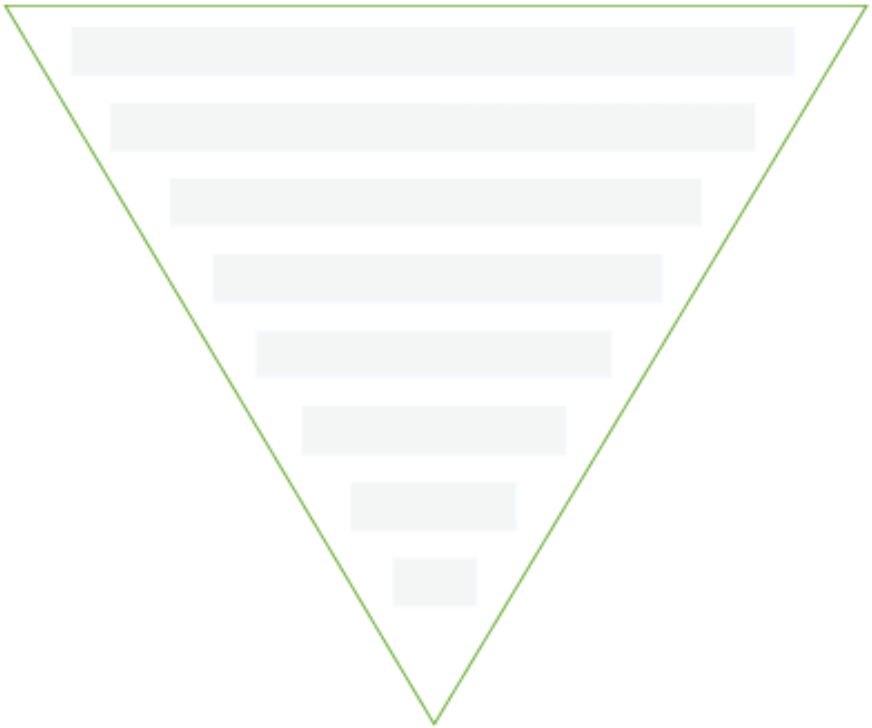
Key Message
Stress is a normal part of life, but it is important to notice when our container is becoming full. By recognising stressors early and using healthy coping strategies, we can keep the tap flowing and reduce the risk of the container overflowing.

The Stress Container cont.

Activity: What's in my Stress Container?

1. Empty everything that is in your head concerning work, study, or home life.
2. Write them down inside your Stress Container and complete the questions on page 25.

My Stress Container



What can I change?

What needs my urgent attention?

Who could help me?

What helpful coping strategies do I use?

What unhelpful coping strategies do I use?