

NAME:

DATE



Public
Health
5-19

The stress bucket

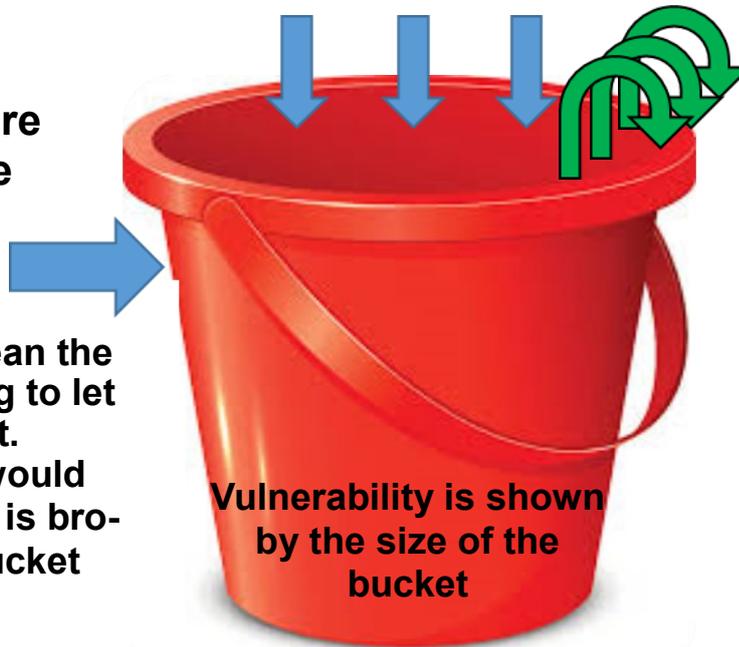


PROBLEMS & STRESSES

Stress flows into the bucket

Imagine there is a tap here

Good coping would mean the tap is working to let the stress out.
Bad coping would mean the tap is broken so the bucket overflows



If the bucket overflows, problems develop such as 'snapping'



GOOD COPING

BAD COPING



ACTION PLAN