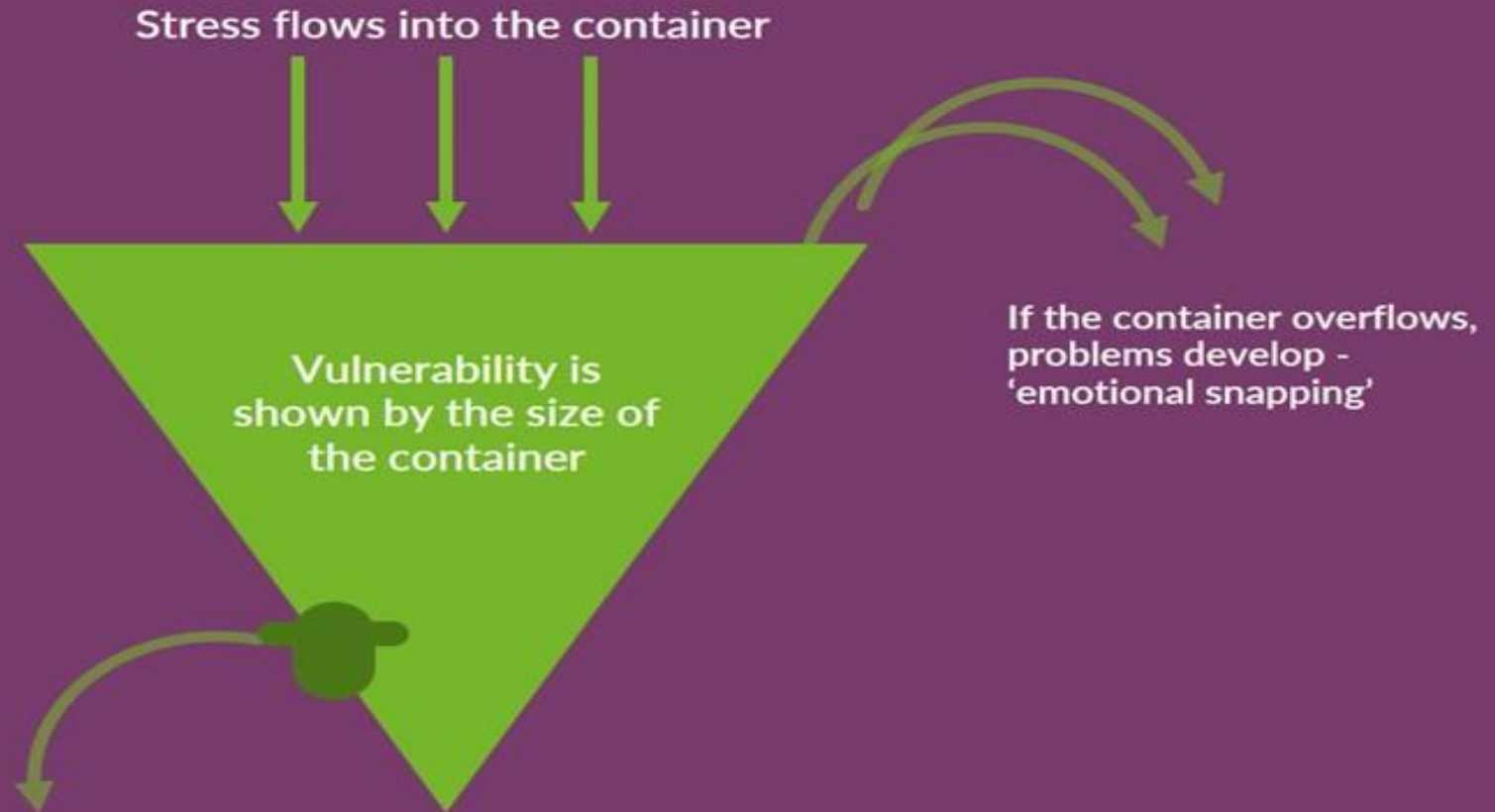


# What's in your Stress Container?

## Activity:

Write down all of your worries that would flow into your stress container. Now with a parent/carer write next to each one how you may overcome them.



Helpful coping strategies = tap working, lets the stress out  
Unhelpful coping strategies = tap blocked, so stress fills container and overflows



MHFA England