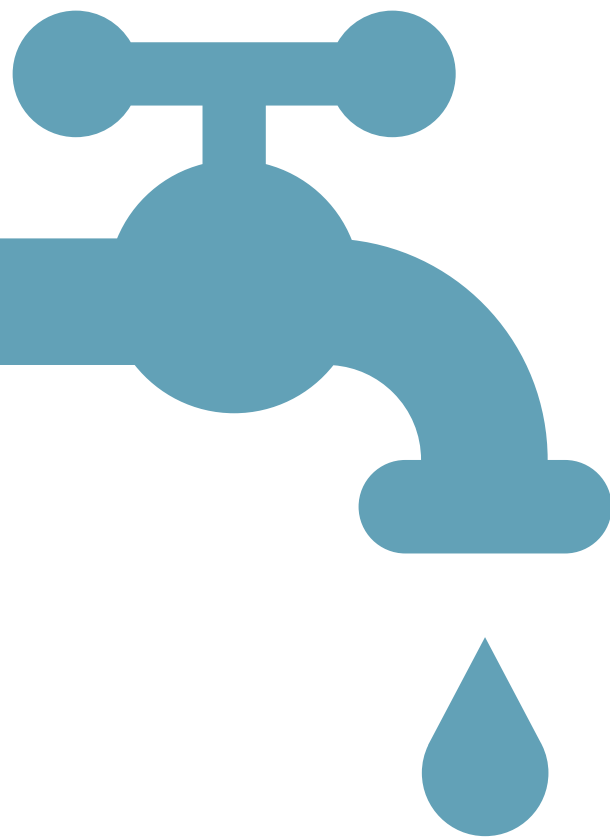


The Bucket Tool

What's in your bucket that is causing you to stress and feel overwhelmed.



I have to sort out my payments

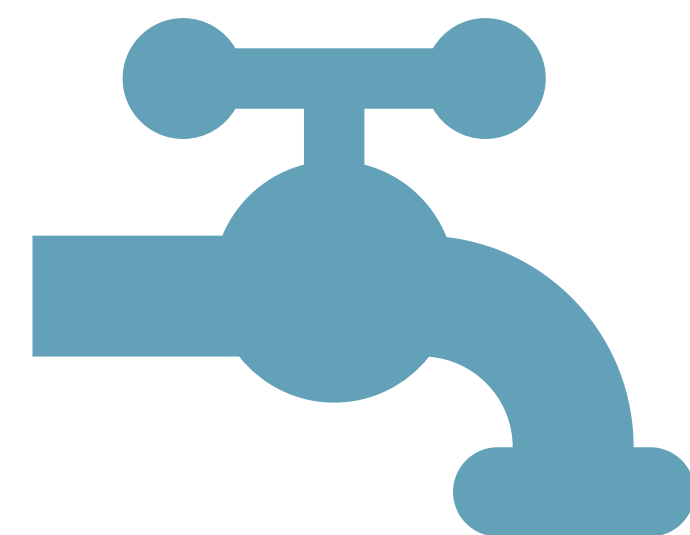
I need to call Mum back

I need to make time to catch up with my girlfriend

I have to talk to my boss

I don't think I will have enough money to cover my car repair

I have to call the insurance



Empty your bucket by using tools that can make you feel good

Breathe

Call a friend

Go for a walk outside

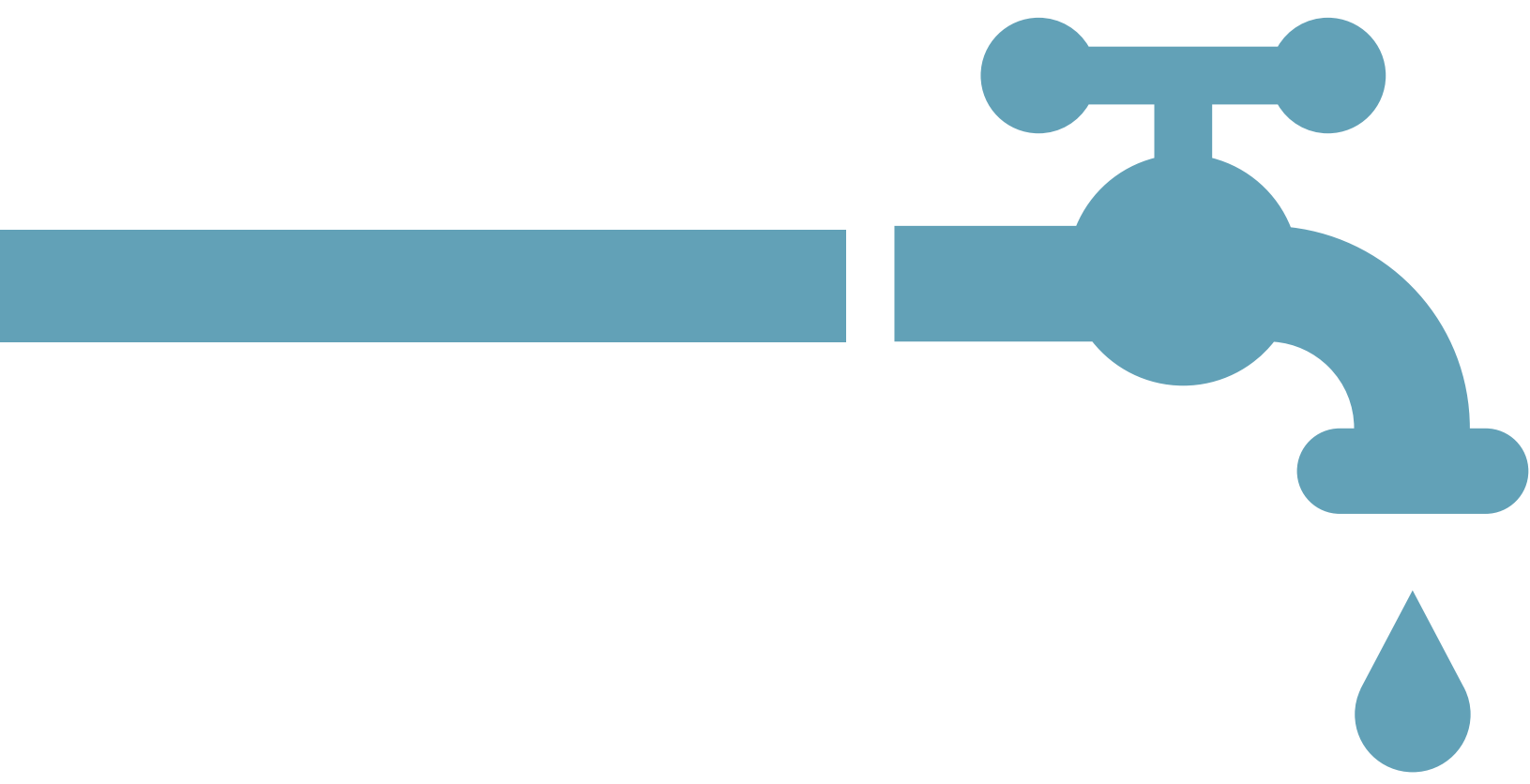
Journal

Have a bath

Book with Carmel



The Bucket Tool



What's in your bucket?



How can I empty my bucket?

