

My Stress Bucket Coping Strategies

Unhelpful Coping Strategies



staying up late

twinkl.com




eating junk food

twinkl.com



drinking energy drinks

twinkl.com



overeating

twinkl.com




not going outside

twinkl.com



ignoring my problems

twinkl.com



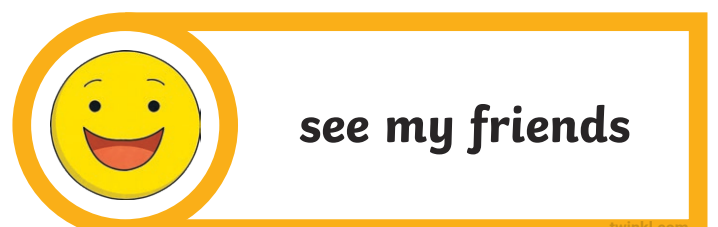
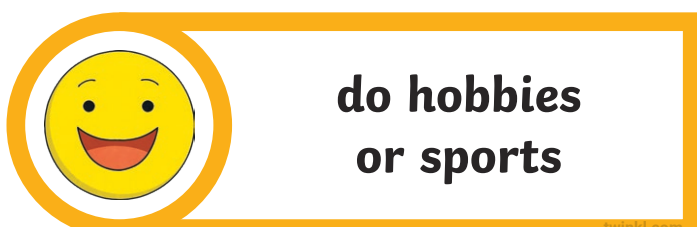
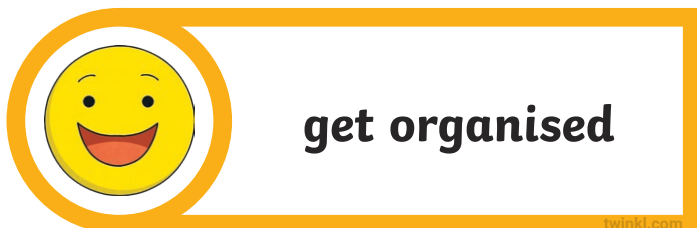
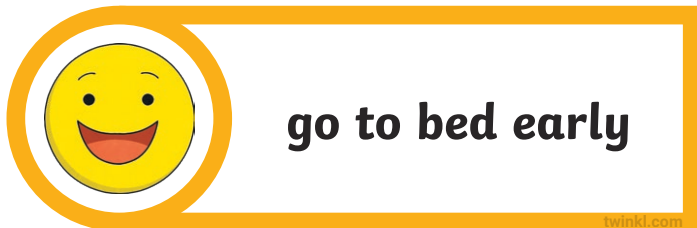
twinkl.com



twinkl.com

My Stress Bucket Coping Strategies

Helpful Coping Strategies





read a book

twinkl.com



**spend time
in nature**

twinkl.com



**create
something**

twinkl.com



twinkl.com



twinkl.com



twinkl.com