3 Rings Stress Bucket Empty

Write everything in your Stress Bucket onto individual pieces of paper. Sort them in 3 pile: **No Control, Total Control, Some Control**

No Control Steps (first)

Acknowledge you have No Control over this pile

Acknowledge how this pile makes you feel (frustrated, sad ... Remember Resist=Persist

Decide how you are going to choose to show up to this pile: Patience, Kindness, Empathy, Support

Some Control Steps (second)

Take 1 item at a time from this pile

Decide what small steps you can take to remove this item from your Stress Bucket

When you have cleared an item from your Stress Bucket take another one

Keep going

<u>Some control (last)</u>

Now you have: <u>Acknowledged</u> items where you have **No Control** & <u>Cleared</u> your items of **Total Control** you have a lot **LESS** Stress in your Bucket ...

Pick one item from this pile and decide what S<u>MALL STEP</u> you can take to clear this item from your Stress Bucket



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random luck

PAST

weather

world wide events

traffic

TIME

<u>Other People's</u> thoughts, behaviours, beliefs, actions, words, reactions



nutrition react	thoughts	
sleep Goals and	Steps words	
personal boundaries	actions	
hydration	reactions	
attitutude	movement	



environment (work/home) deadlines Planning for future events teamwork how effective your effort is relationships