

Mental Wellbeing

Miss England, Safeguarding Lead



The stress bucket

- We all experience stress to some degree. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and prolonged stress can eventually lead to problems.
- The stress bucket is a way to visualise this.

“We need a certain amount of stress to perform well. It takes us from an under-stimulated state to a level of alertness necessary to achieve our goals.”



Stress bucket

Social media

Relationship issues

Illness

What causes stress in your life?

Lack of sleep

Exams

Conflict with friends or family

Grief and loss

Moving house



Above the bucket are clouds – the things that cause you stress. These rain into the bucket and gradually fill it up.



United Learning
The best in everyone™



Ambition



Confidence



Creativity



Respect



Enthusiasm



Determination

Sleep disturbance

Feeling fatigue

Difficulty concentrating

Feeling low and tearful

Feeling anxious



Feeling snappy or irritable

Feeling overwhelmed

Feeling burnt out

Feeling sick and have digestive problems such as stomach ache

When we are going through a particularly difficult time, it is normal for our bucket to feel full. We might feel like too much stress is pouring into the bucket at any one time, and we can feel like our bucket is overflowing. This will look different for everyone.



United Learning
The best in everyone™

■ Ambition ■ Confidence ■ Creativity ■ Respect ■ Enthusiasm ■ Determination

-
- We all have stress buckets of different sizes, and so we vary in how much stress we can individually manage.
 - An events that we find stressful, someone else might find only slightly stressful or not stressful at all.
 - This is okay – we are all different!



Long-term stress

Long-term/prolonged stress can:

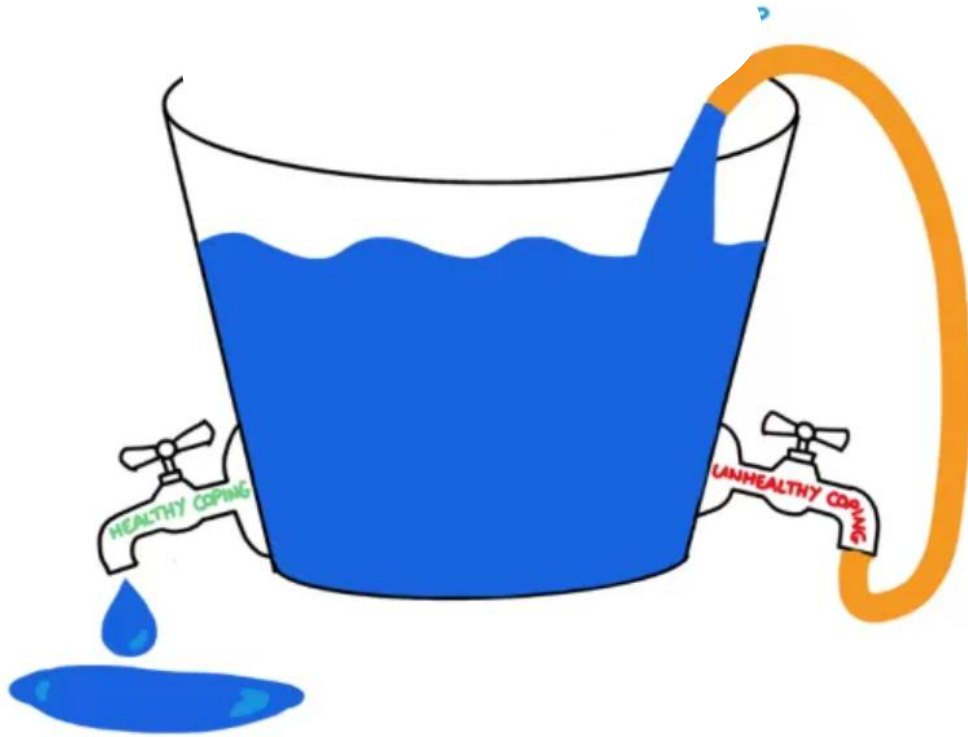
- Affect our immune system
- Impact sleep patterns
- Short and long-term memory
- Capacity to learn
- Relationships
- Physical problems – heart disease, migraine and ulcers
- Anxiety and depression



United Learning
The best in everyone™

■ Ambition ■ Confidence ■ Creativity ■ Respect ■ Enthusiasm ■ Determination

Negative coping mechanisms



Poor coping strategies lead to the bucket filling up quicker:

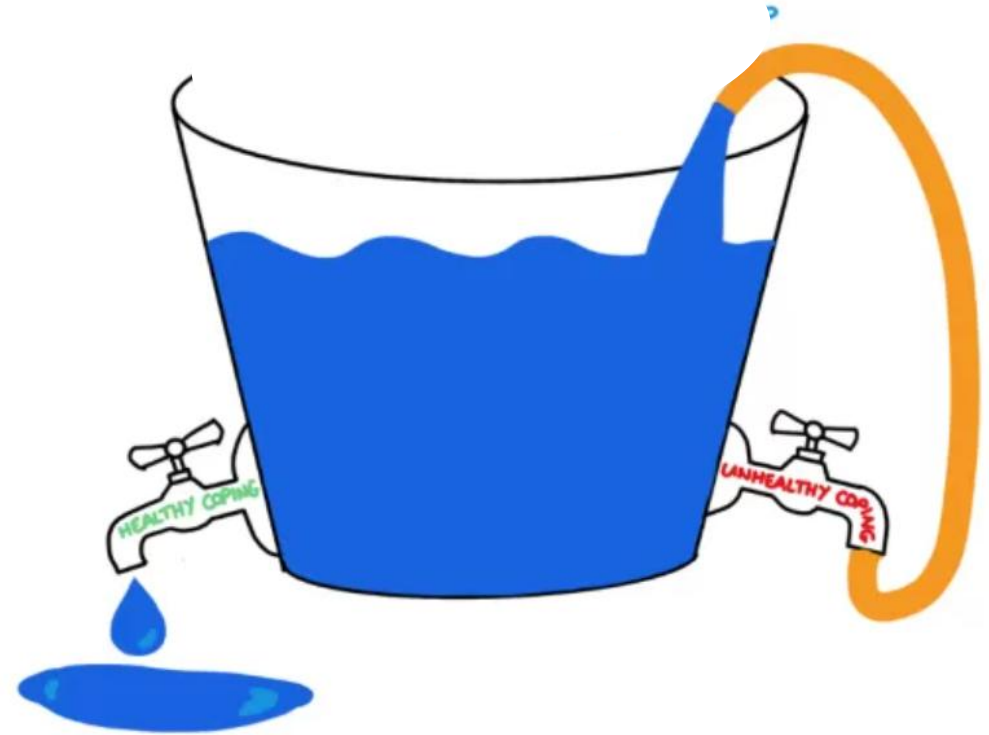
- Poor diet
- Self-medicating with drugs
- Alcohol
- Not exercising



Positive coping mechanisms

Positive coping strategies lead to the bucket becoming less full:

- Share – talk to a friend or family member
- Exercise – even going out and getting some fresh air or going for a walk
- Take time out
- Planning – prioritise what needs to be done
- Breathing – take a few deep breaths – try breathing exercises
- Don't be hard on yourself



Build your bucket

- Grow your bucket by building resilience:
 - Get enough sleep
 - Take exercise and eat well
 - Create supportive and fulfilling relationships
 - Learn to challenge negative thoughts
 - Access support e.g. Kooth



Support available

Ask for support in school.

Speak to a trusted member of staff

Speak to your year team

Kooth - <https://www.kooth.com/>

CHAT health – aged 11-19 and living in Dorset

The Chat Health text number is: 07507 329 951

Young Minds - <https://www.youngminds.org.uk/>

Dorset Mins - <https://dorsetmind.uk/what-we-offer/young-people-services/>



United Learning
The best in everyone™



Ambition



Confidence



Creativity



Respect



Enthusiasm



Determination

Stress bucket



United Learning
The best in everyone™

■ Ambition ■ Confidence ■ Creativity ■ Respect ■ Enthusiasm ■ Determination

Stress bucket



United Learning
The best in everyone™

■ Ambition ■ Confidence ■ Creativity ■ Respect ■ Enthusiasm ■ Determination