

Your Stress Container



Time required: 15 minutes

Key message:

This activity is designed to encourage people think about how they manage their stress and gain some insight into how they can make a difference.

Activity:

Introduce the activity by reading the following and giving each person a copy of the stress container handout.

Introduction

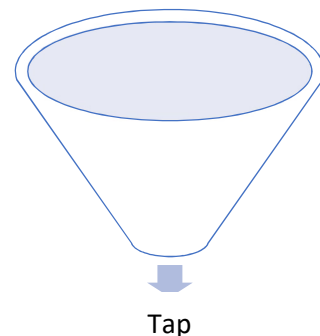
It can be good to think about things that are causing you stress and how you can manage these.

This can assist you to work out the things you can change and the things that are beyond your control as well as giving you an insight into what can make a difference.

The “Stress Container” is one way of thinking about it.

If you are feeling resilient your container may have room for plenty of pressure before you start to struggle and feel overwhelmed and stressed, but if you are feeling vulnerable your container may be small and fill up quickly.

See the film of the stress container on the MindKind intranet pages:



<https://www.intra.staffordshire.gov.uk/healthsafetywellbeing/MindKind/Stress/Stress-Container.aspx>

Activity

Ask all those participating to complete their stress container:

1. Write inside it all the things in your life that put you under pressure - in work, at home, everywhere.
2. Look at how you can ‘open the tap’ (this represents coping mechanisms) to release some of the pressures, rather than let the container overflow. Write these down under the tap.
3. Complete the questions.





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Questions

Now ask yourself the following, if you could perhaps turn the tap to empty it a bit:

1. What can I change or manage differently?
2. What can't I change and need to accept?
3. What needs my urgent attention?
4. Can anyone help me?
5. What are some of my unhelpful ways that I try to cope?
6. What are some of the useful ways that I use to try to cope? What else could I do?

At the start of the activity it should be made clear to participants

- they are not required to disclose personal information unless they choose to,
- their participation is voluntary but recommended and,
- the session will be respectful and confidential.

At the end of the session please treat materials as confidential and dispose them appropriately.

Make sure that colleagues are aware of ThinkWell, MindKind and Mental Health First Aid support.

