

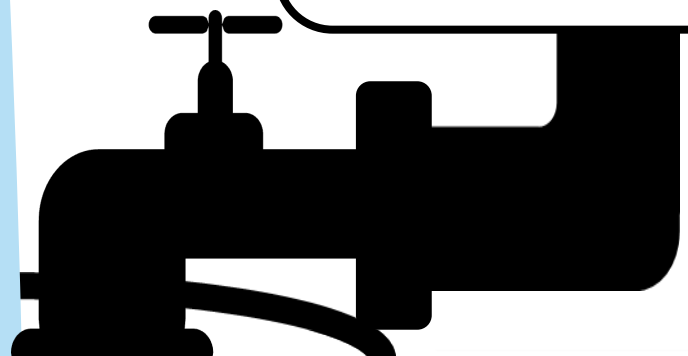
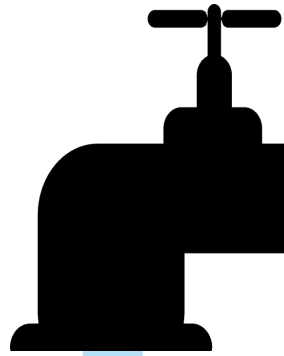
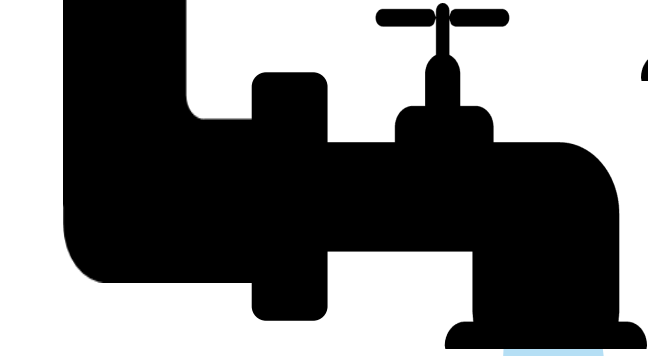
# The Stress Bucket

Stressors:

[Empty box for writing stressors]

[Empty box for writing stressors]

[Empty box for writing stressors]



Unhelpful coping mechanisms:

[Empty box for writing unhelpful coping mechanisms]



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Coping Strategies:

[Five empty blue circles for writing coping strategies]