

My Stress Container Worksheet

“You can’t control what pours in, but you can choose where the drains go.”

Step 1: Draw Your Container

On this page, sketch your container—be it a cup, bowl, bucket, or jar. Label the top of the container “Overflow Point”, then fill in each of the following sections.



Step 2: What's Pouring In?

(The stressors filling your container)

Write, doodle, or rate anything that's been adding pressure this week. Use 1-5 stars or shading to show intensity.

Stress Input	Rating (1-5)	Notes / examples
Hormone fluctuations or symptoms		
Workload / decision fatigue		
Family, caring, or relationship stress		
Sleep loss or restless nights		
Sensory overload (noise, heat, light)		
Emotional load / worry / self-talk		
Other (money, health, deadlines)		

Step 3: My Drains—What Helps Me Release Pressure?

(Drains don't have to be big. They just have to exist.)

Circle or list the drains you already use — and add one new one to test this week.

Tip: *Two small drains used daily work better than one big “crash day” later.*

Drain / Reset Action	Duration	How it helps
One slow breath or “physiological sigh”	30 sec	Calms body instantly
Ten-minute outdoor walk	10 min	Moves stress hormones through
Cooling sip / cold gel pack	1 min	Lowers heat and heart rate
Quiet moment (music, tea, stretching)	5 min	Rebalances nervous system
Short talk with someone safe	15 min	Perspective & relief
Write one sentence, close notebook	3 min	Stops mental looping

Step 4: Seal the Leaks

Leaks are the habits that keep your stress high even when you're “resting.” Choose one or two to patch this week.

Drain / Reset Action	How it helps
Late caffeine / sugar	Move cut-off earlier
Too many screens before bed	Use warm light / audiobook
Saying yes too often	Practise one gentle no
Skipping meals	Add protein to breakfast
Comparing to others	Unfollow or mute triggers

Step 5: My Current Waterline

Draw a horizontal line on your container sketch to show today's level, and then reflect:

Questions	Your answers
How full does it feel (0–10)?	
What poured in today?	
What drains helped most?	
What leak can I patch tomorrow?	

Step 6: Weekly Reflection

Questions	Your answers
When did I feel closest to over-flow?	
What early warning signs did I notice (body, mood, focus)?	
Which drains worked best?	
Which leaks need attention?	
One commitment for next week?	

Remember: *The goal isn't to empty the container—it's to keep steady headroom. When you know your waterline, you know your limits.*