

# STRESS BUCKET

In the bucket, write down the personal and professional thoughts and tasks that contribute to your stress. Then, add in self-care actions and activities for both personal and professional wellbeing. Finally, decide which self-care activities you will **START**, and which items in the bucket you will **STOP**, **PAUSE**, or **PASS** on to create time.

Be aware of how close together your high and low stress alarms are. For some people, these alarms are close together and near the top of the bucket, putting them at risk of burnout.

