

Stress Bucket explained...

Academic Stress

Refers to stress associated with studying, including study load, performance, and conflict with lecturers or tutors.



Intrapersonal Stress

Includes stress from your physical health, financial situation, and mental health issues (e.g. depression, anxiety)



Interpersonal Stress

Includes stress from your relationships with your roommates, parents, friends, and boyfriend/girlfriend.



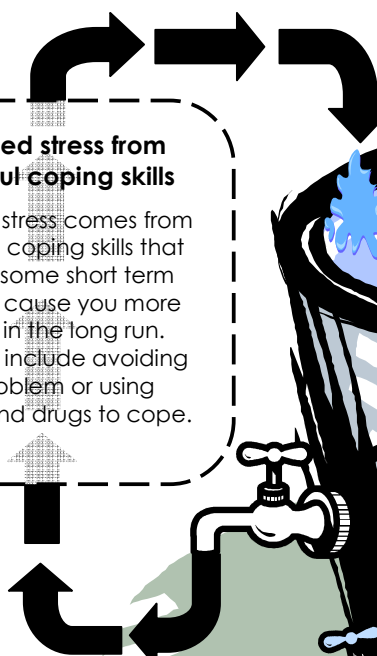
Environmental Stress

Refers to things in your work and living environments, including new and unfamiliar situations, or conflict between people you live with such as your parents.



Recycled stress from unhelpful coping skills

Recycled stress comes from unhelpful coping skills that provide some short term relief but cause you more trouble in the long run. Examples include avoiding the problem or using alcohol and drugs to cope.



Buffer zone

This is the area between our stress level and our overflow point. The more that you are able to lower your stress level, the greater the buffer zone there is.

Stress level

Too much stress will cause our stress bucket to overflow. By using our coping skills we can keep our stress levels down.

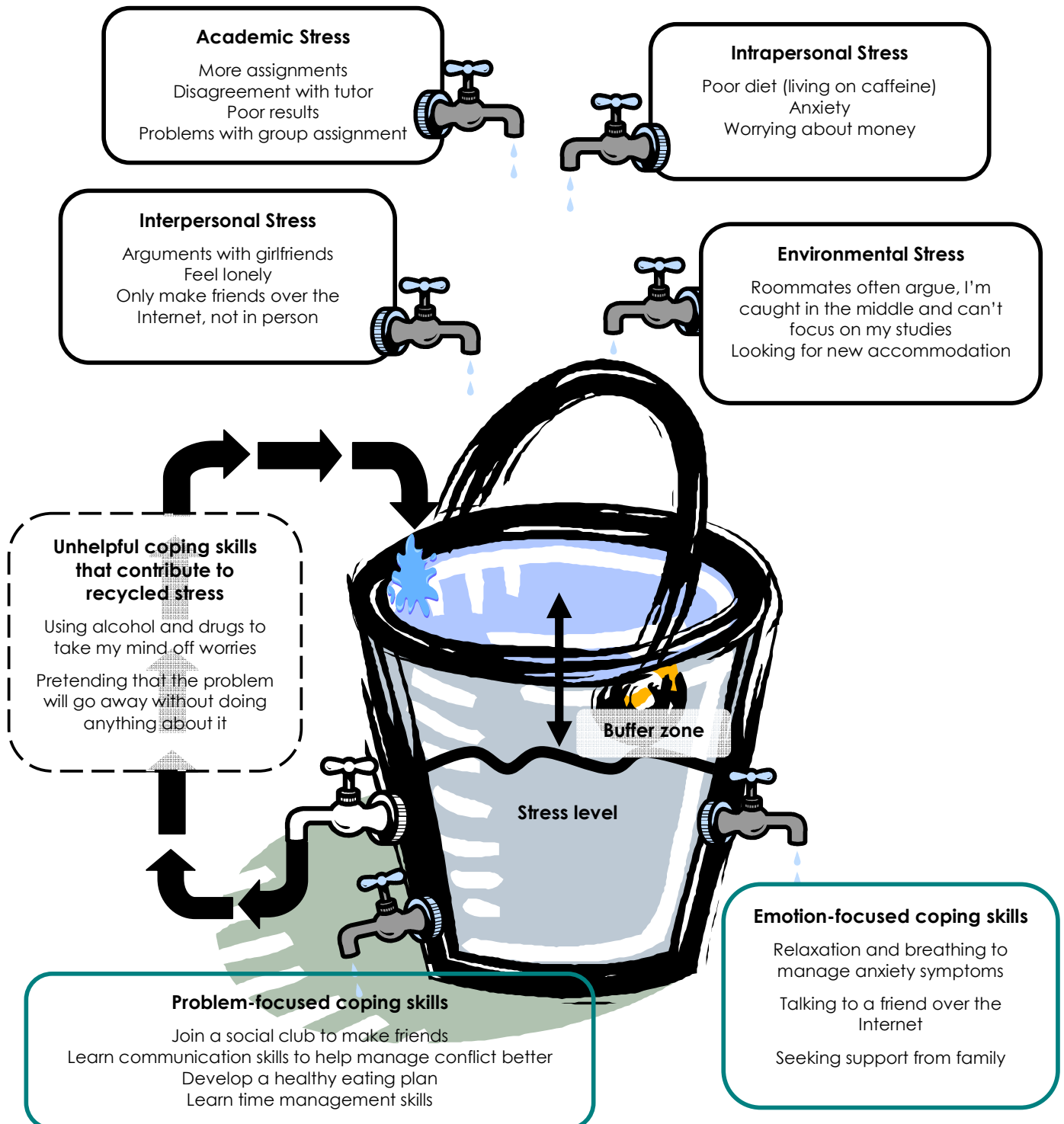
Emotion-focused coping skills

Refers to those strategies that you use to decrease the negative emotions that you experience. These strategies are useful when it is difficult to change the source of the problem.

Problem-focused coping skills

Refers to strategies that you use to change the source of the problem. These strategies are used when you have some influence over the situation.

A Stress Bucket example



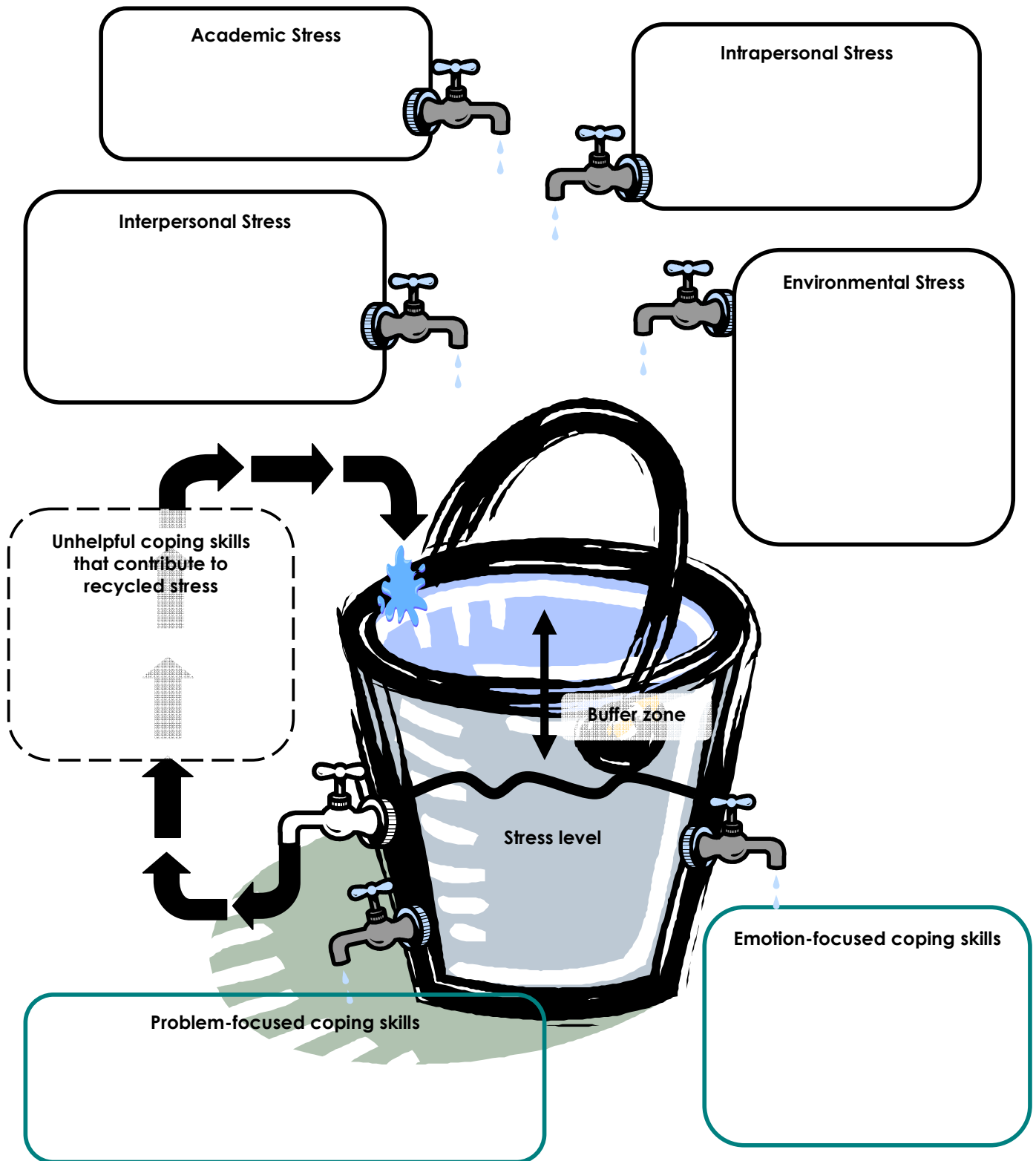
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This handout is based on the following resources:

Carver, C.S., Scheier, M.F., & Weintraub, J.K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, *56*, 267-283.

Ross, S.E., Niebling, B.C., & Heckert, T.M. (1999). Sources of stress among college students. *College Student Journal*, *33*, 312-317.

My Stress Bucket



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