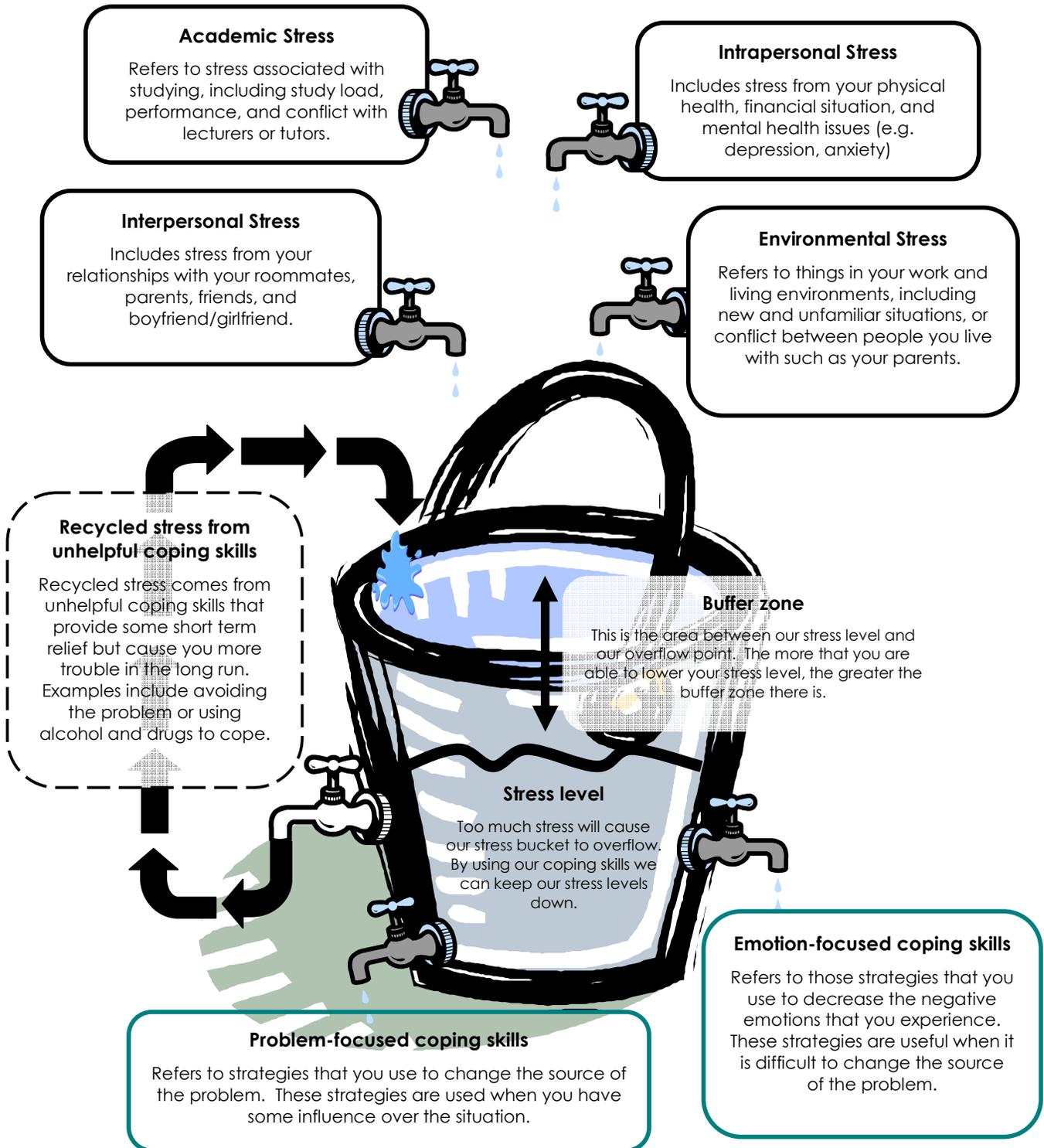


# Stress Bucket explained...



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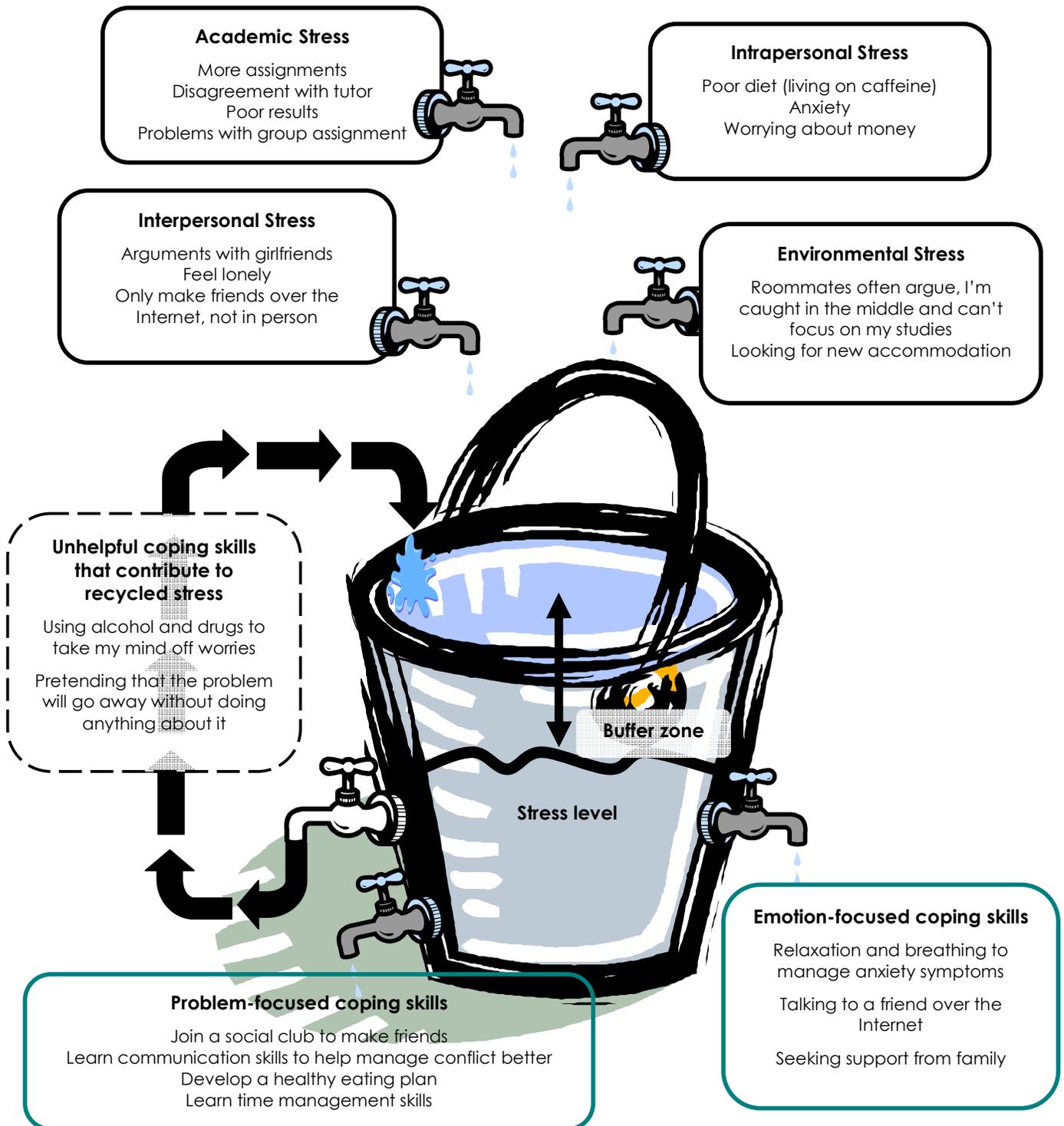


This handout is based on the following resources:

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.

# A Stress Bucket example



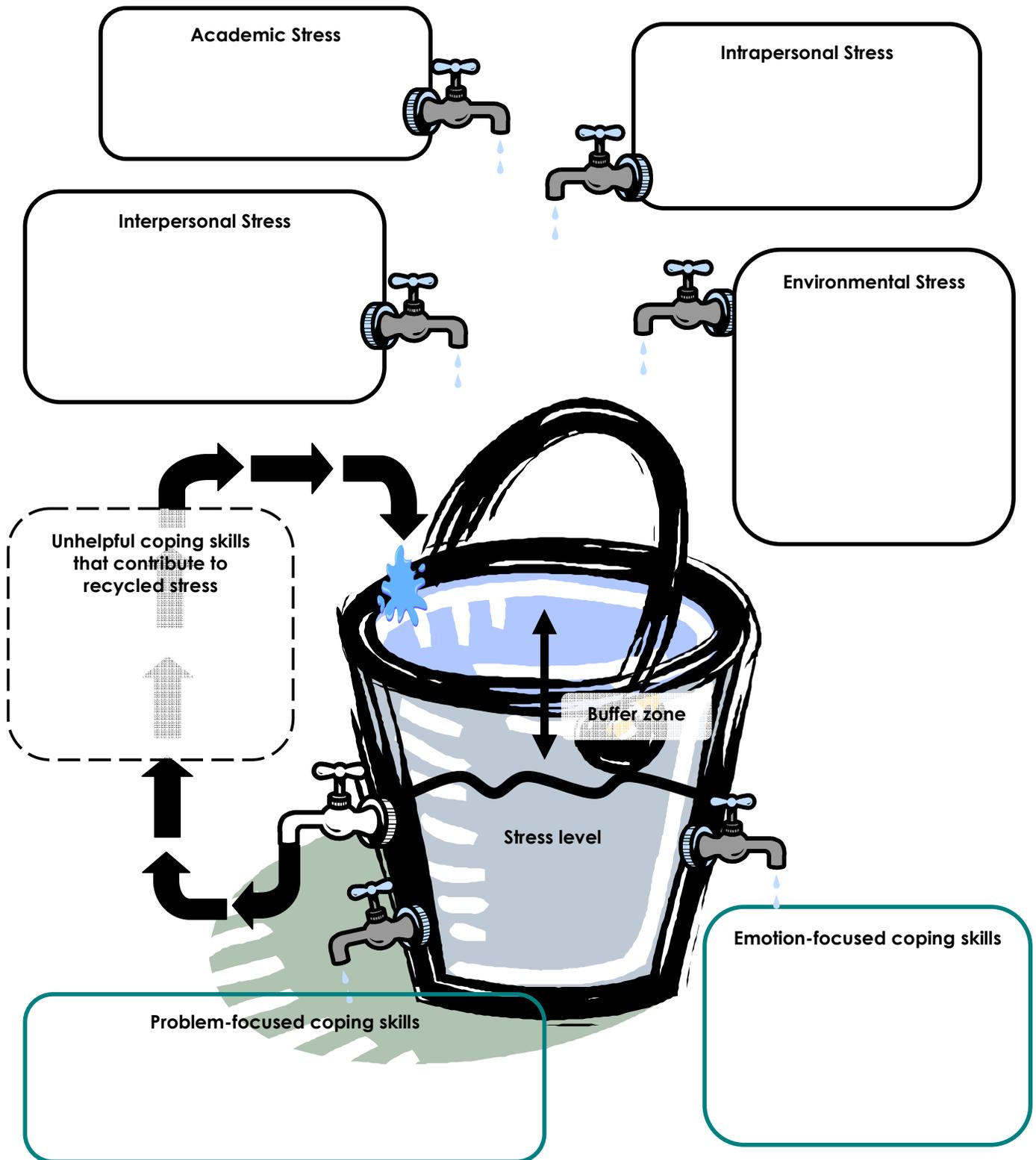
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# My Stress Bucket



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