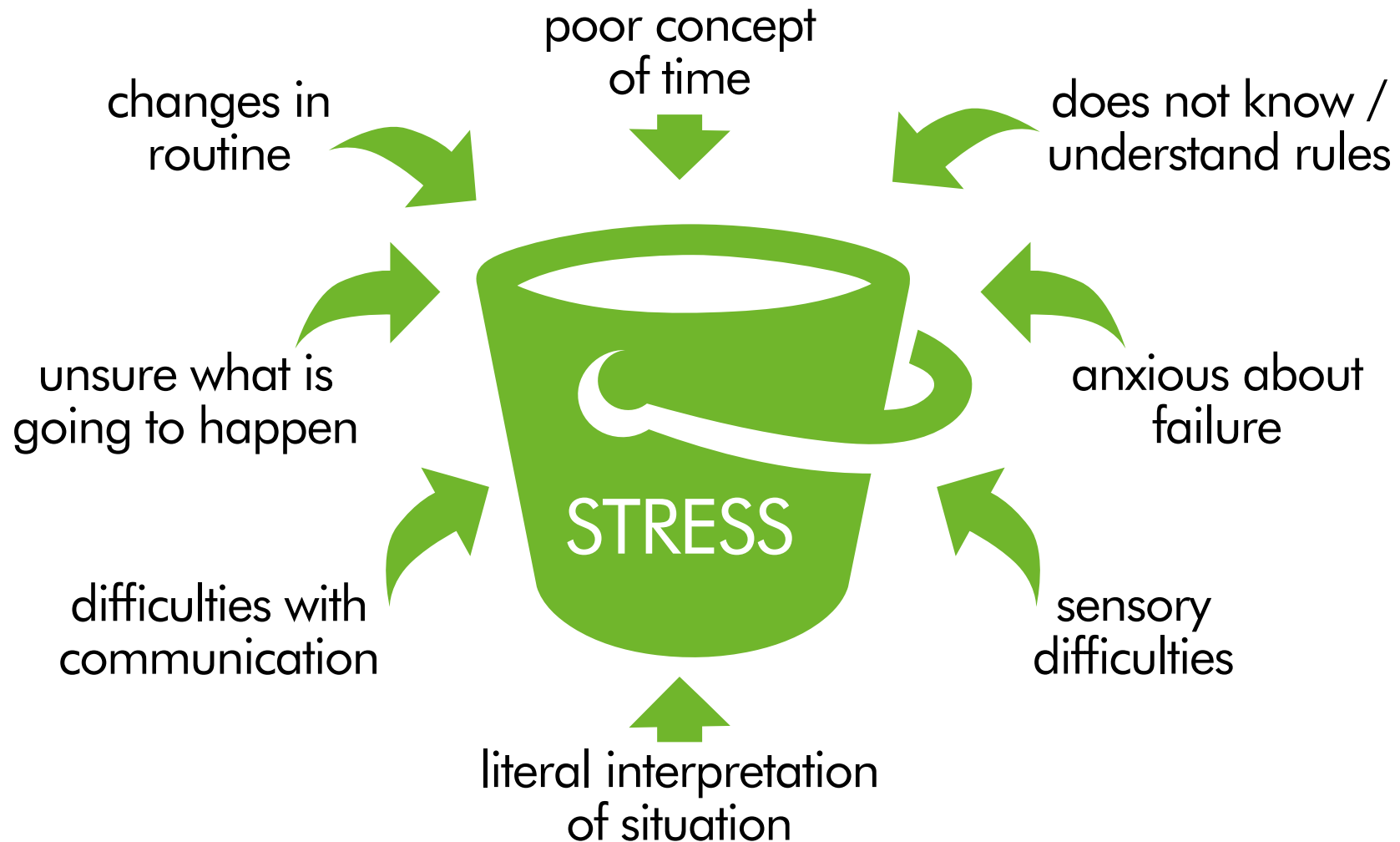


Tool 15: The stress bucket

What fills your bucket?



Tool 15: The stress bucket

What fills your bucket?



Tool 15: The stress bucket

What affects the size of your bucket?

How much stress we can cope with, varies from situation to situation and day to day.

