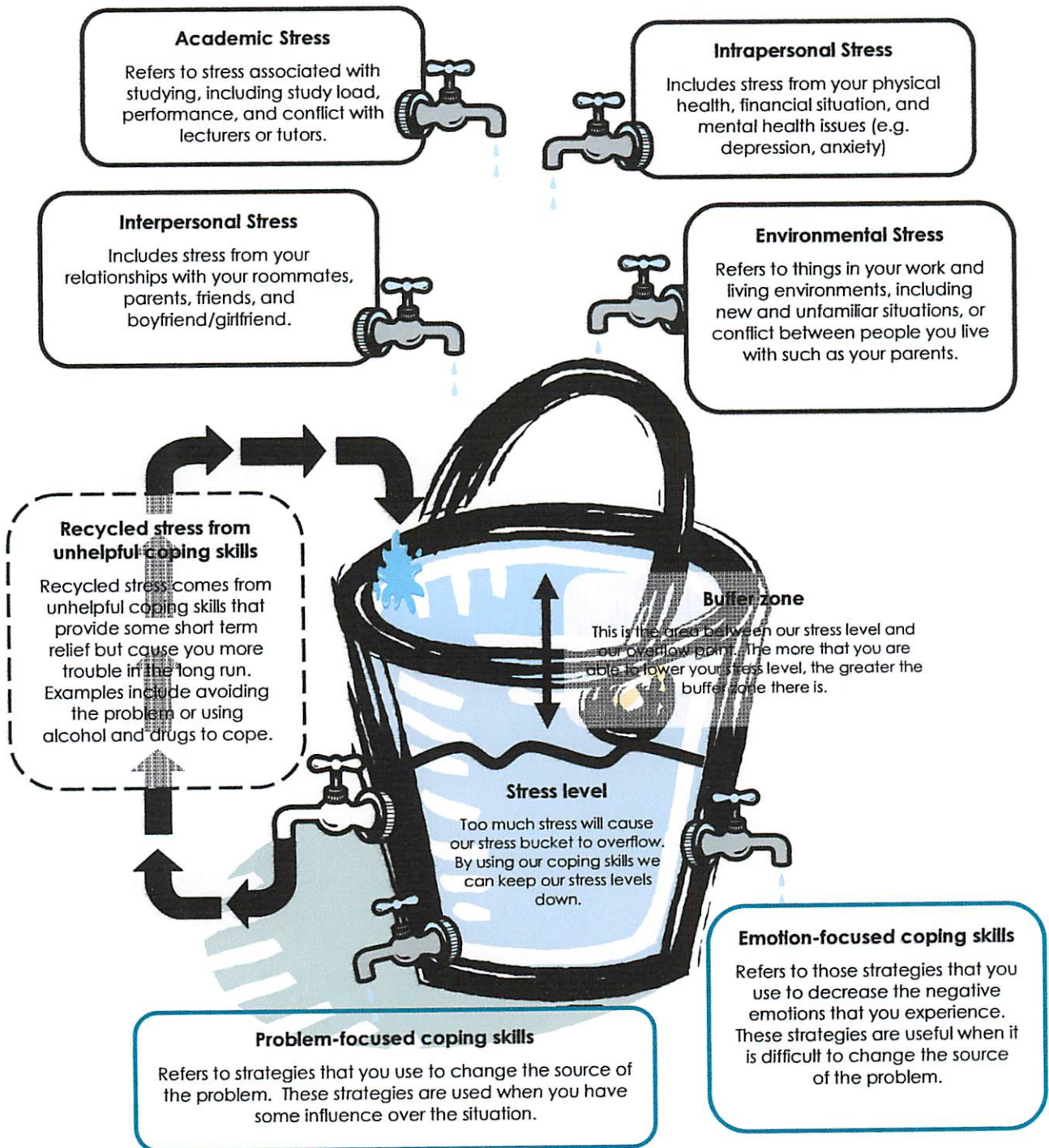


Stress Bucket explained...



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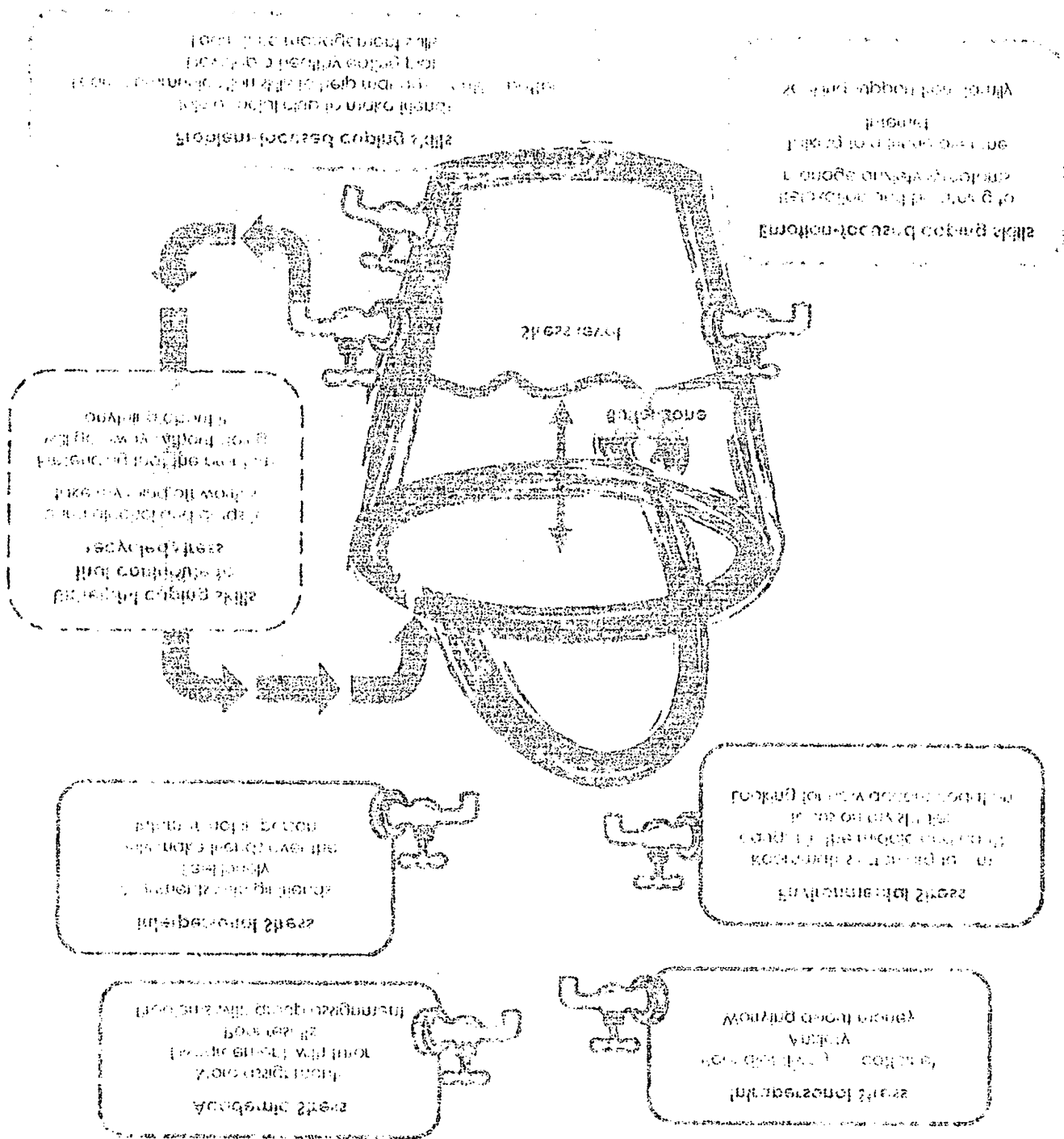
This handout is based on the following resources:

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.

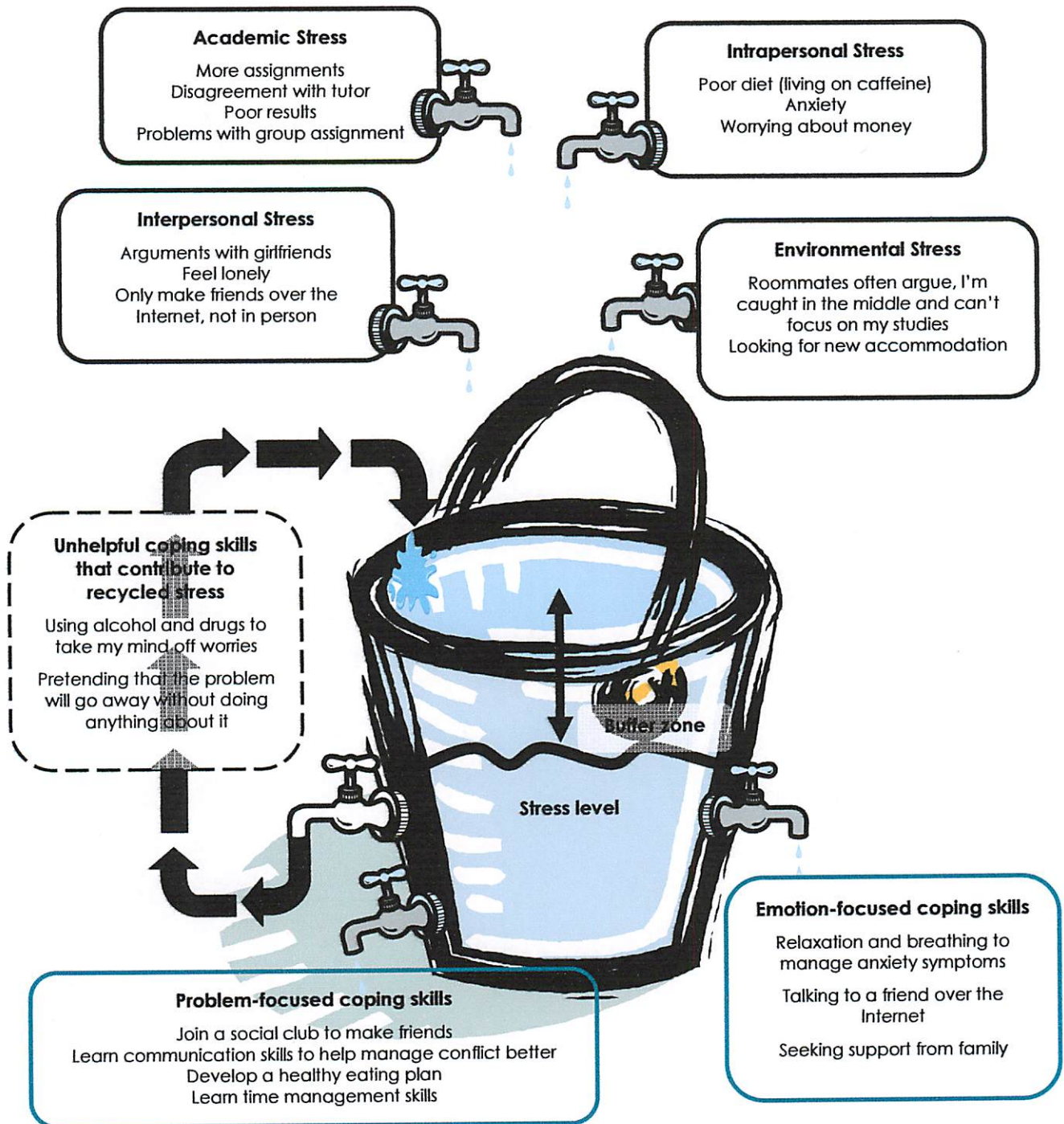
The first step in the process of identifying a problem is to define the problem. This involves identifying the symptoms of the problem and determining the underlying cause. Once the problem has been identified, the next step is to develop a solution. This involves brainstorming ideas and evaluating them based on their feasibility and effectiveness. The final step is to implement the solution and monitor its progress.

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A stress bucket example

A Stress Bucket example



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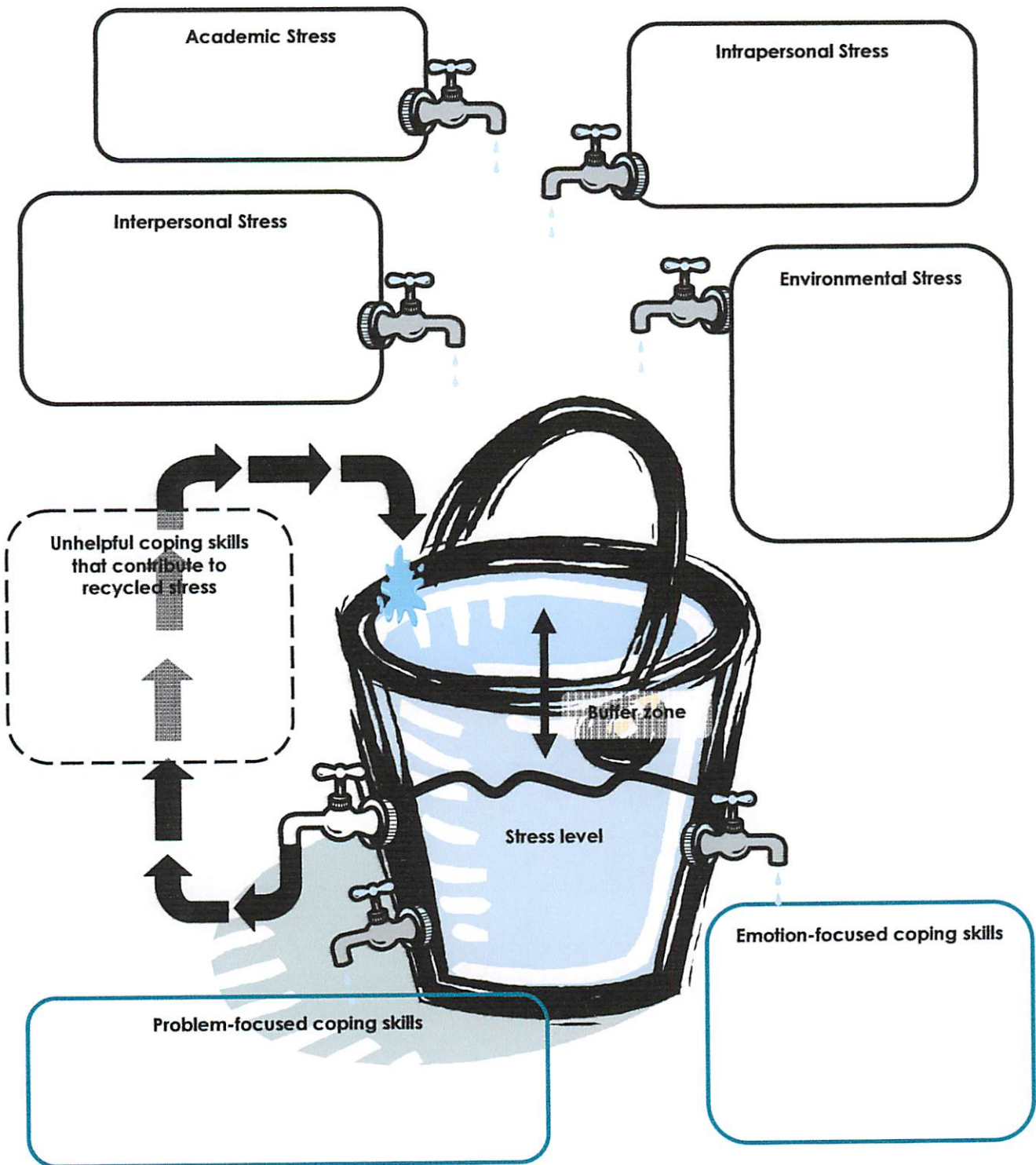


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My Stress Bucket



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