

# ► Stress Container

## How to be resilient

Completing this stress container exercise will give you greater understanding of the things which cause you stress and anxiety. It will also help you to clarify the activities which you can turn to, to balance these stresses and build your resilience.

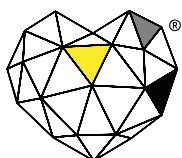
Resilience is how quickly you can bounce back from difficult times and experiences.

As individuals our resilience levels are different, what might be too much stress for one person, may be fine for another.

If you feel like you can't cope no matter how positive you try to be, it is a strength to ask for help.

In this example we show some stresses filling up the bucket, if this is not addressed then the bucket will overflow, this is when you may find it hard to cope.

Spending time on self-care will stop the bucket overflowing and this is important for your mental and physical well-being.



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## Example

Negative thoughts

End Point Assessment worries

Unhealthy diet

Lack of confidence



Journalling

Eating healthy

Exercise

Spending time with friends

## Try it yourself

Write words which describe things which make you anxious or stressed, then underneath write words which help you to ease these worries and relax.

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Belinda Hillman - I teach mindset skills in the hair and beauty industry, empowering learners to achieve the success they all deserve..