

**Down's Syndrome  
Association**

A Registered Charity No. 1061474

## Emotional well-being



# The stress bucket

*Easy Read*

A Down's Syndrome Association publication



This is a booklet about stress.



You can read it on your own or with a parent or carer, a friend or a teacher.



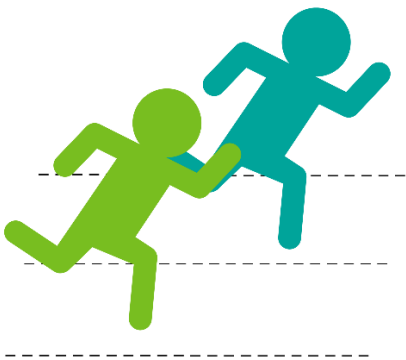
It will help you to understand about getting stressed and good things you can do to help you be calm again.

# Let's talk about stress

## What is stress?

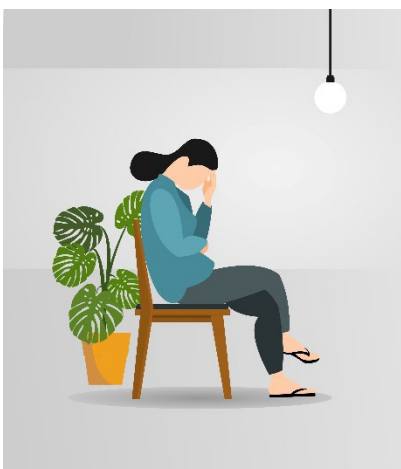


Stress is what happens to our bodies when we sense danger or things feel very hard.



Some stress is normal.

It wakes us up and helps us get things done but too much can make us feel bad.



It can make us feel worried, tense, angry or like we want to get away.

# How my body feels when I am getting stressed



Sometimes my stomach hurts.



Sometimes my stomach feels like it is twisted in knots.



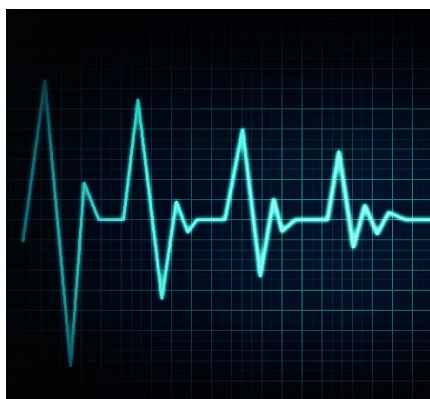
Sometimes I can feel my face getting hot.



Sometimes I clench my fists.



Sometimes my head feels heavy.



Sometimes my heart beats faster.



Sometimes my ears can't hear anything.



Sometimes my breathing gets very heavy.



Sometimes I start to fidget or rock backwards and forwards.

If I feel some of these, I know my body is getting **stressed**.

This is when I need to calm down.

I can do this by thinking about my Stress Bucket.

## My stress bucket

We can think about each of us having a Stress container, or Stress Bucket.

Imagine there's a bucket you carry with you which slowly fills up when you feel different types of stress.

Stressful things go into the bucket...



Calming things let the stress out of the bucket.

Doing calming or fun things makes sure the bucket doesn't get too full.

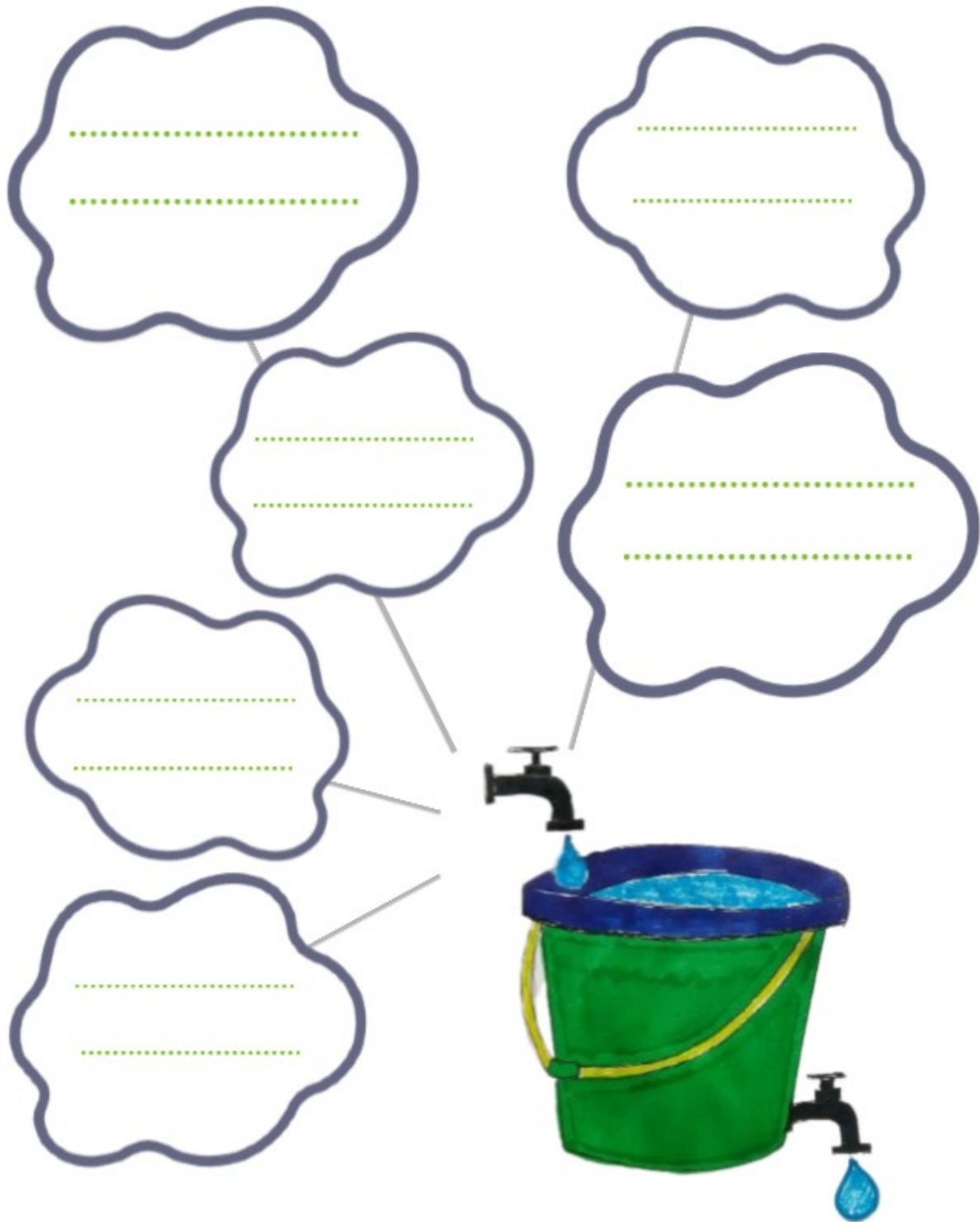


# What fills up your stress bucket? These things?





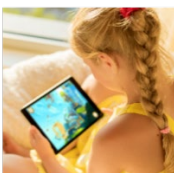
# Are there other things that make you feel stressed and fill up your bucket?





Sometimes you feel strong enough to carry a lot of stress.

But it's important to find activities which help you lighten the load.



We can think about things that can empty our bucket to make sure it doesn't get too full for us to carry.

Some other words that mean the same as stressed are worried, and anxious.

You might feel these sometimes.

# Emptying my stress bucket

These are some things that people do to empty their stress buckets so they can feel calm again.

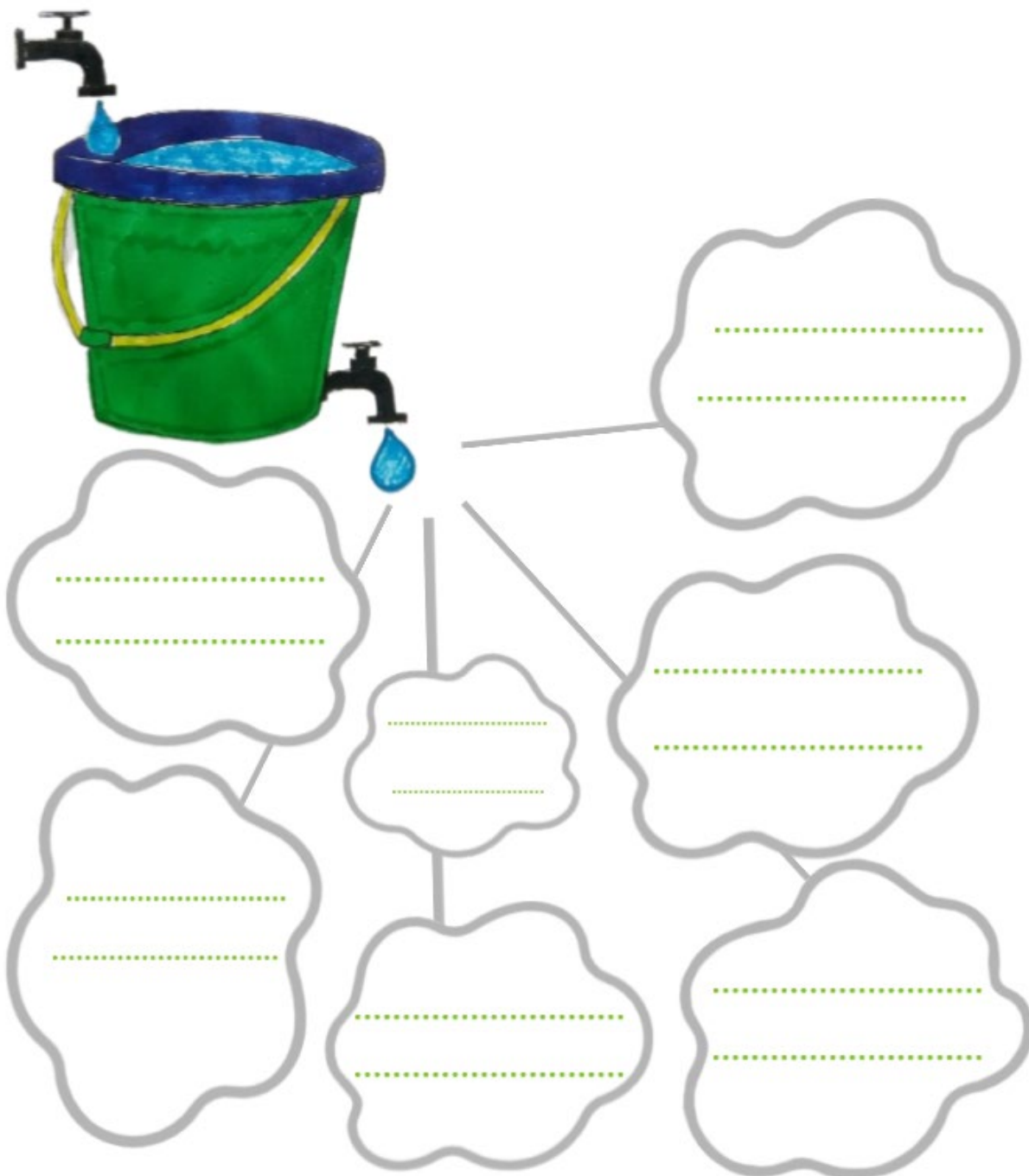


Think about the Stress Bucket with your parent, carer or support worker.

This will help you cope when things get hard.

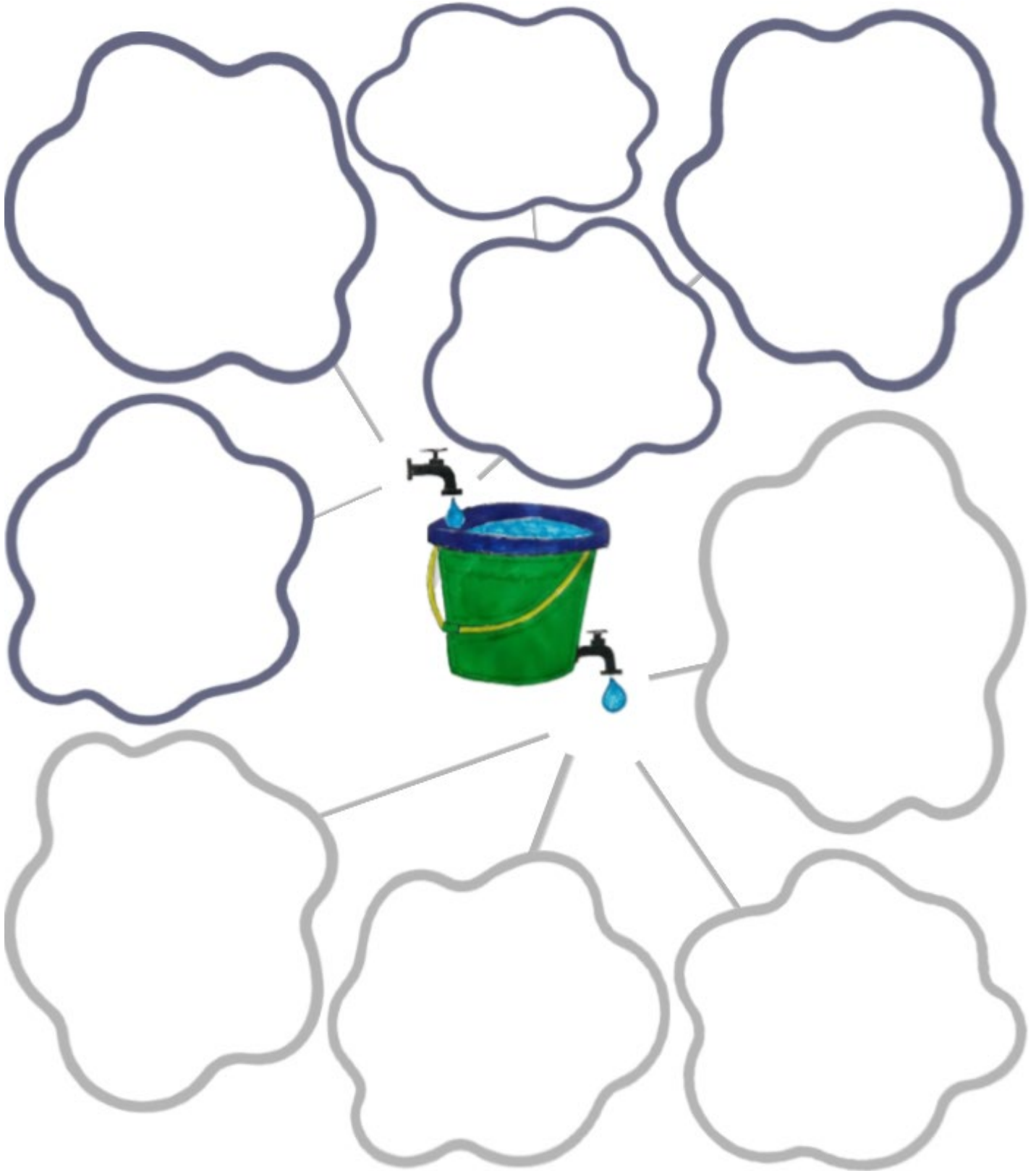
**What can you do to help to empty your bucket?**

You can write your own ideas in the shapes.



# My stress bucket

Draw your own pictures or cut out pictures you can find online or in magazines.





The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

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