Is your bucket nearly full?

Everything that puts pressure on you pours in, and small things add up. Open a tap before it overflows.



TAPS THAT HELP

- Sleep and rest
- Move your body
- Talk to someone you trust
- Get outside
- Do something absorbing
- Say no to something
- Ask for practical help

TAPS THAT REFILL THE BUCKET

- Drinking more than usual
- Working late to catch up
- Cancelling plans
- Scrolling at 1am

Based on the stress vulnerability model (Brabban and Turkington).

FREE 2-MINUTE CHECK-IN

How are you doing this week?

Scan for a free, private wellbeing check-in. No app, no login, and your results straight away.

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