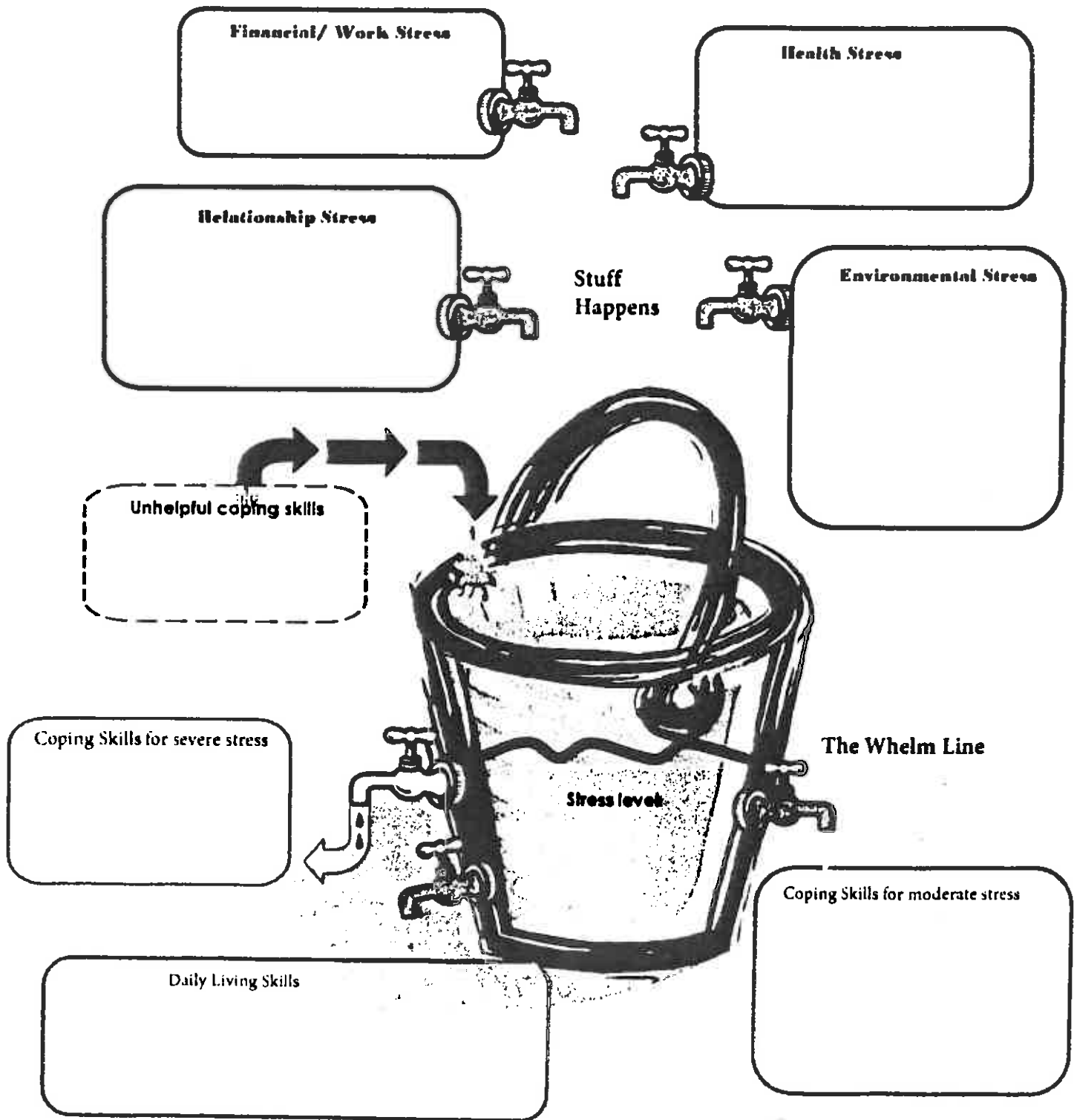


# My Stress Bucket



This handout is based on the following resources:  
 Linver, C.S., Scherer, M.F., & Weintraub, J.K. (1991). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, 61, 191-201.  
 Lazarus, R.S., & Folkman, S. (1984). Coping with stress: Implications for health. *American Journal of Orthopsychiatry*, 54, 312-319.