



Stress Bucket and HALT: 7-Day Tracker

Name _____

Lower the stress that makes small things feel big

Date _____

Stress fills your "bucket" all day. When it's near the top, one small thing makes it spill. Pick two healthy habits, try them for 7 days, run a HALT check once a day, and rate your bucket.

The HALT check (10 seconds)

Before a hard talk, a long drive or walking in the door, ask: **Am I...**

Hungry? → eat something · **Angry** (left over)? → cool down first · **Lonely?** → text or call someone · **Tired?** → rest, or move the big talk to tomorrow

My two habits for this week

Ideas: 15-minute walk · eat every 4–5 hours · phone away 30 min before bed · same wake-up time · daily check-in with a friend · slow breathing before going home · no alcohol on hard days

Habit 1: _____ Habit 2: _____

Tracker

DAY	HABIT 1 ✓	HABIT 2 ✓	HALT DONE ✓	HOURS OF SLEEP	BUCKET (0–10)	NOTE
Mon	☐	☐	☐			
Tue	☐	☐	☐			
Wed	☐	☐	☐			
Thu	☐	☐	☐			
Fri	☐	☐	☐			
Sat	☐	☐	☐			
Sun	☐	☐	☐			

End of week

What did I notice? (Did my bucket drop on days I did my habits? On days I slept more?)

Which habit do I want to keep? _____

My two biggest "water sources" right now (money, sleep, work, family, screens, alcohol...):

1. _____ One thing I can do about it: _____
2. _____ One thing I can do about it: _____

Remember: alcohol and drugs weaken your brakes right when you need them. If your bucket stays near the top most days, talk with your doctor or a licensed professional, or call the SAMHSA National Helpline at 1-800-662-4357.