

Manage your Stress Bucket

When there's a lot on your mind, it can feel like a bucket overflowing. The fuller the bucket gets, the harder it is to carry. It's important to find activities that lighten the load to feel in control of your finances.

Relationship problems

Health worries

Mortgage payments/rent

Childcare costs

Unpaid bills

Change in income



Doing things you enjoy

Budgeting

Rest and relaxation

Talking to trusted people

Talking to your financial provider

Developed from an idea by Brabban and Turkington (2002)

If you're a Capital One customer and your mental health is impacting your ability to manage your account, **contact us**. We'll work with you to find a solution that can help.

Find more mental health resources and support on the **Rethink Mental Illness website**.



DEVELOPED IN PARTNERSHIP WITH

#MentalWealth