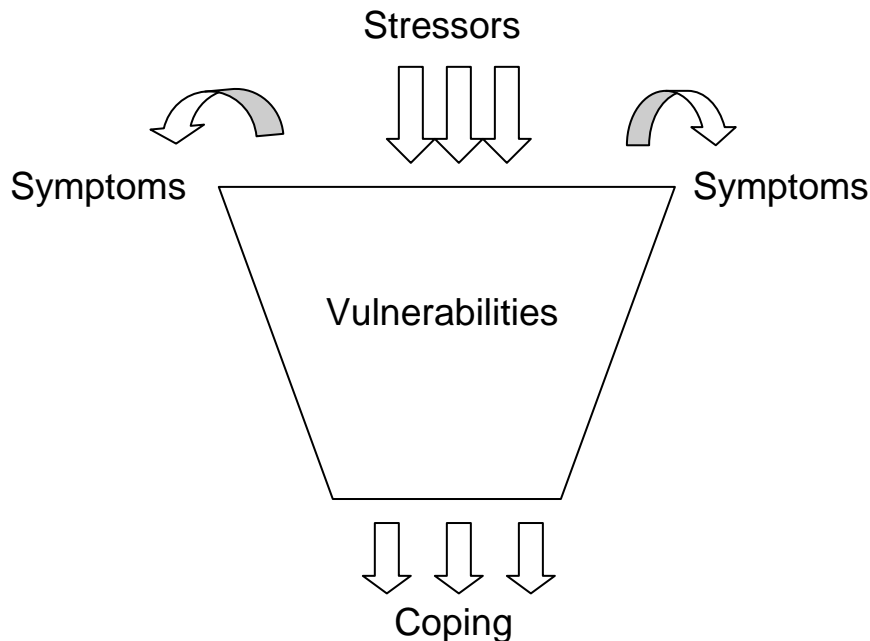


### Stress Vulnerability Model (Brabban's Bucket)



**Stressors** may include too much emotional pressure, being isolated, trouble at work or a major life event or anything else that leads to too much stress for a person.

**Vulnerabilities** are the things that may make people open/susceptible to developing mental health difficulties, for example other people such as grandparents or aunts or uncles having had mental health difficulties.

**Symptoms:** Like a bucket overflowing with water these occur if too pressure builds up and the symptoms overflow, for example hearing voices or paranoid beliefs.

**Coping:** A good way to imagine this is to picture the bucket being like a flower pot with holes in the bottom which water can pass through. For example, ways of coping could include talking to family, playing football, seeing friends.

It is possible to say people may have different sizes of buckets at different points in their lives and factors that may influence the size of the bucket include:

- Genetic factors (Is there a history of mental health difficulties in the family?)
- Social factors (Does the person have a good social network eg. friends to talk to, family)
- Environmental factors (Does the person have enough money? Is the person living in comfortable housing?)
- Individuals coping techniques (This varies from person to person and is very individual).

This model is not just useful for people who experience mental health difficulties but is also a model that can apply to everyone.