

# How Full is Your Cup?



## **PURPOSE** //

In this activity, staff identify stress along with their capacity for stress, likening it to an overflowing cup of coffee. This activity emphasizes that we can reduce our stress by "emptying our cups," which thus impacts our overall mental well-being.

## **OBJECTIVE** //

1. I have a cup and it fills up.
2. My cup fills up differently than anyone else's.
3. I can learn to empty my cup.

## **INSTRUCTIONS** //

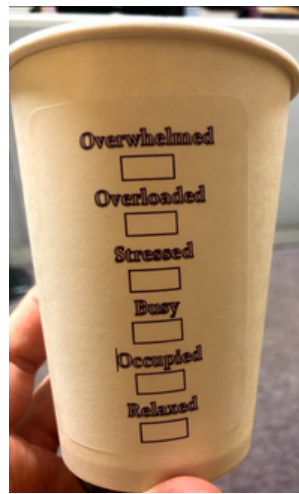
An office can lead this activity in the morning as staff arrive, at lunch, or as staff leave the building in the afternoon. Hot chocolate can be served in provided cups (with stickers put on them) to staff who participate. Staff can list their stressors on post-it notes or can list what might help them out at a specific "fullness" level - overwhelmed, overloaded, stressed, busy, occupied, and relaxed.





## MATERIALS

- Cups
- Post-it notes
- Markers/Pens
- Large poster for staff to place post-it notes (created ahead of time)
- Pre-made stickers for cups (Optional) - see below



**Erika's Lighthouse**

Copyright © 2023, Erika's Lighthouse  
ErikasLighthouse.org

Photo credits:  
Downers Grove  
North High School.  
Downers Grove, IL