

The Thogomelo Project

The Boiling Pot

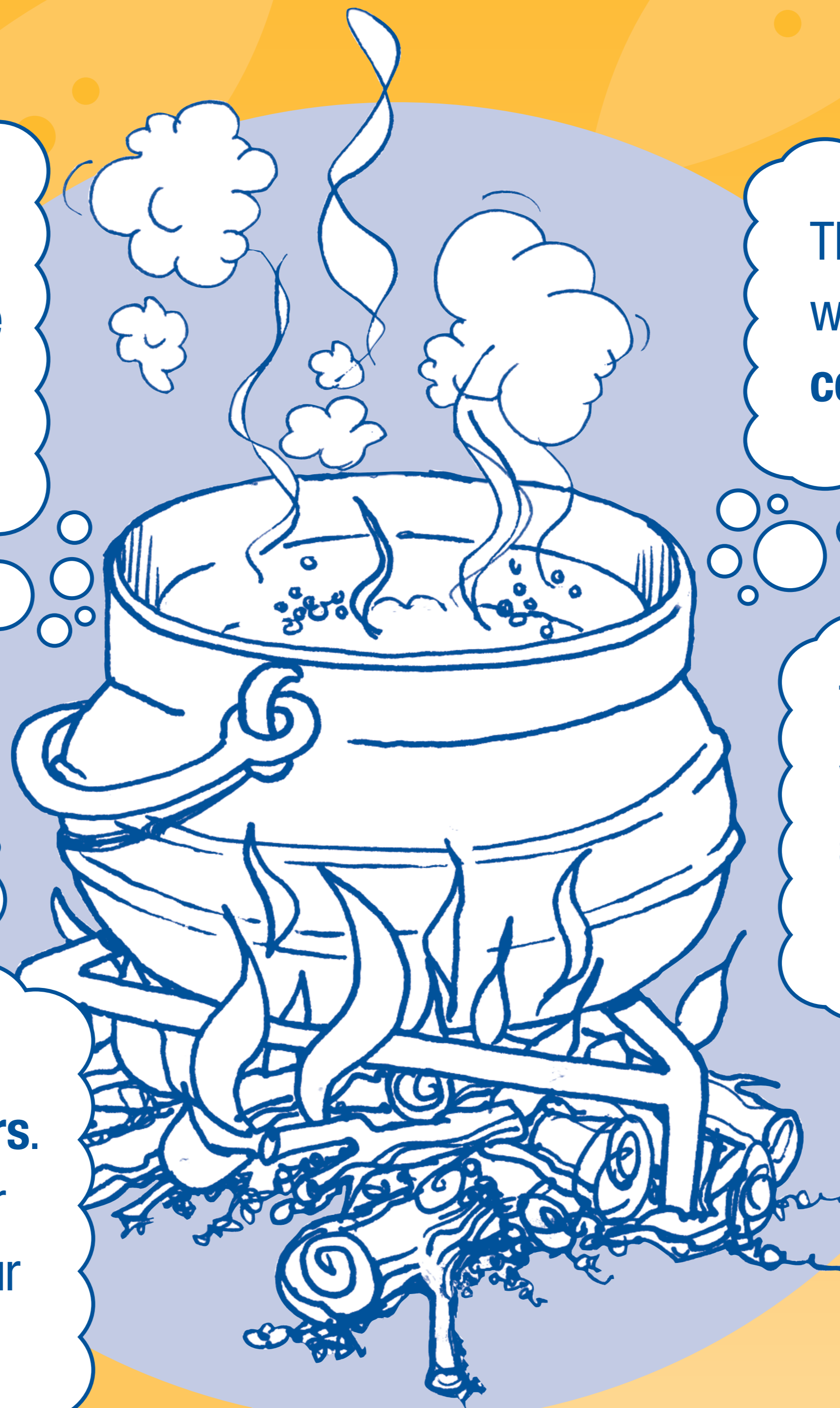
Understanding stress

The **steam** represents ways in which you can “let off steam” or **release some of the stress** that you feel!

The **pot** that holds the water represents you, **containing the stress.**

The **pot** also improves your ability to **contain stress** and can help reduce its impact.

The **wood** that fuels the fire represents the **stressors**. These are the things in your life that cause or add to your level of stress.



Supportive Supervision Skills Development Programme for supervisors of community caregivers.

Strengthening South Africa's capacity to care for its community caregivers and protect vulnerable children.

