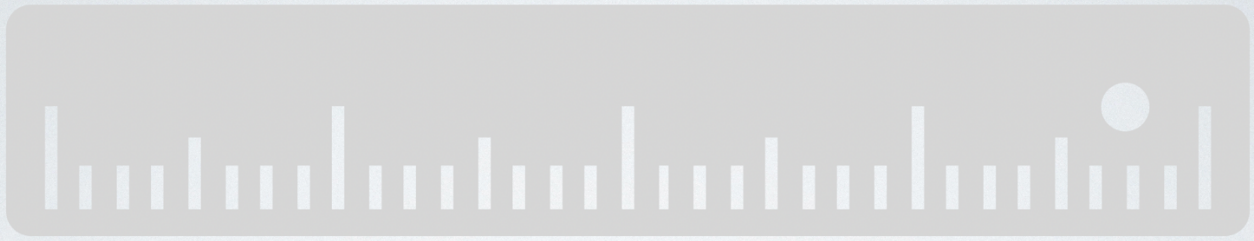


# CHECK IN... MY GENERAL LEVEL OF STRESS



Down in the dumps



Hanging by a thread



Struggling but managing



Mostly good with  
some bad moments



I'm feeling great!

# I HAVE A PLAN REGARDING MY OWN WELLBEING OVER THE NEXT FEW MONTHS



Not at all.  
Should I have a plan?



That'd be a good idea.  
Maybe.



Have thought about it  
But no action yet



Most days are good.  
A few bad days



Definite plan, sticking to it!