

How are you feeling?

Look at your internal dashboard. Do you see all green lights?
 Are there any orange or red lights tipping you toward overload and stress?
Take care of yourself so you can continue doing what you enjoy most.



Green
 Healthy | Optimal

Yellow
 Reacting | Stress

Orange
 Injured | Burnout

Red
 Illness | Depression |
 Mental illness

Physical



Well-rested	Mild insomnia	Exhausted	All or no sleep
Good diet	Crave junk food	Overeating	Erratic eating patterns
Active	Unmotivated to exercise	Lethargic	Can't leave bed/couch
Rarely sick	Occasional illness	Many aches and pains	Chronic illness
Zero or occasional alcohol use	Need alcohol/drugs to relax	Depend on alcohol/drugs to function	Abusing alcohol/drugs

Mental



Clear and focused	Sometimes distracted	Often preoccupied	Impaired judgment
Solves problems	Tends to procrastinate	Avoids making decisions	Paralyzed making decisions
Finds solutions	Sees obstacles	Focuses on negative	*Has suicidal thoughts or actions

Emotional



Motivated/excited	Irritable/discouraged	Angry/anxious	Apathetic/helpless
Balanced	Impulsive	Overwhelmed	Out of control
Good social network	Seeing people is a chore	Avoids social situations	Isolates from all interaction

Strategies



Find self-care activities that give you a serotonin boost.	Reach out to friends and family and find activities that help you relax.	Seek peer support, assistance programs or mental health first-aid.	Get professional or clinical support like a doctor or psychologist.
Take a work break or vacation.		See your family doctor.	*If you're having suicidal thoughts, seek help immediately and call 911.