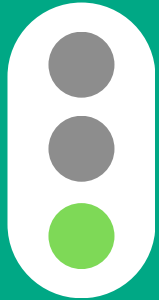


Step 1. Identify which zone you feel you belong to

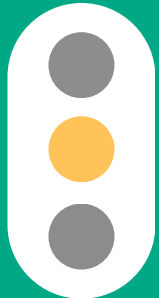


GREEN: well

What are some symptoms, behaviours, feelings, and thoughts?

When I am well,

- I feel... (e.g., happy, calm, energetic, content, relaxed, etc.)
- I notice... (e.g., I have uninterrupted sleep, I'm more social, I'm more organised, etc.)
- Other people notice... (e.g., I'm more active, I'm talkative, I smile more often, etc.)

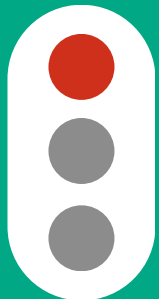


ORANGE: becoming unwell

What are some symptoms, behaviours, feelings, and thoughts?

When I am becoming unwell,

- I feel... (e.g., stressed, overwhelmed, slightly tense, less energised, etc.)
- I notice... (e.g., I have difficulties getting out of bed in the morning, my muscles are feeling more tense than usual, experiencing unpleasant thoughts, etc.)
- Other people notice... (e.g., I am less talkative, I'm a bit less calm, I'm less present, I'm distracted, etc.)



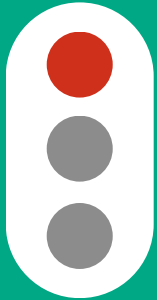
RED: unwell

What are some symptoms, behaviours, feelings, and thoughts?

- I feel...(e.g., angry, tense, overwhelmed, frustrated, anxious, scared, etc.)
- I notice...(e.g., strong mood swings, I have no energy, I procrastinate more, I cry more easily, etc.)
- Other people notice... (e.g., I am more irritable, indecisive, I don't talk to anyone, I look tired, I skip lunch, etc.)



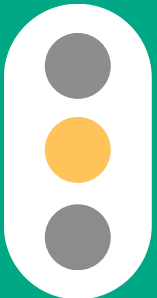
Step 2. Navigate your way through the colors



RED: unwell

- What helps me get back on track / to feeling well?
- What do I need?
- What can others do to help me?

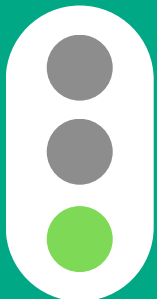
(E.g., talking to my psychologist, taking the day off, eating regular meals, doing 3 small activities per day, taking a shower, etc.)



ORANGE: becoming unwell

- What helps me get back on track / to feeling well?
- What do I need?
- What can others do to help me?

(E.g., Surrounding myself with friends and family, asking for help at work, taking more breaks, going for a walk, talking to my psychologist, etc.)



GREEN: well

- What helps me stay well / in the green zone?
- What do I need?
- What can others do to help me?

(E.g., Self-care, going to bed on time, keeping a good work-life balance, taking breaks, walking my dog, etc.)

