

Guidelines for Spotting Stress

Find the four zones of the stress staircase below. In each zone you can see the most common observations and the recommended actions. Click the boxes to add your own.

| Green Zone | Observations | Actions |
|------------|--------------|---------|
| | | |

| Yellow Zone | Observations | Actions |
|-------------|--------------|---------|
| | | |

| Orange Zone | Observations | Actions |
|-------------|--------------|---------|
| | | |

| Red Zone | Observations | Actions |
|----------|--------------|---------|
| | | |

Notes