



ACTIVITY: *Distress Indicators*

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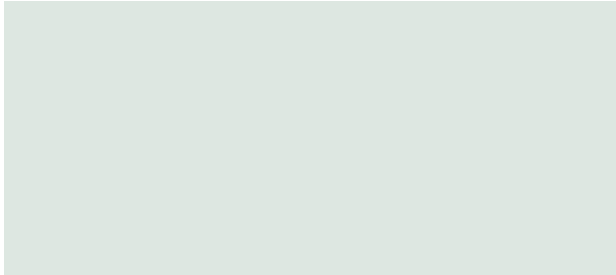
Take a moment to personally reflect on your distress indicators across each category. Consider what steps you could take to alleviate your distress for each category. These might include different activities, mindfulness, connecting with others, etc.

Distress Indicators

Steps to Alleviate Your Distress

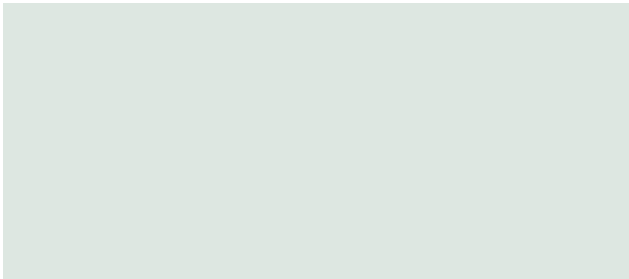
What are your emotional distress indicators?

How can you alleviate your emotional distress?



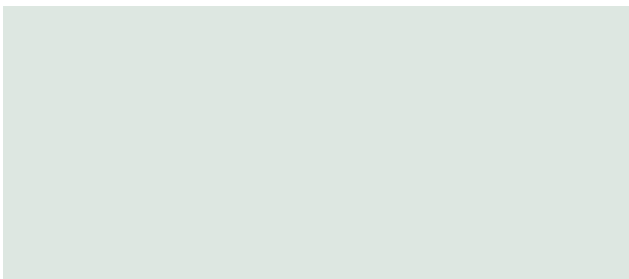
What are your personal distress indicators?

How can you alleviate your personal distress?



What are your physical distress indicators?

How can you alleviate your physical distress?



What are your work distress indicators?

How can you alleviate your work distress?

