
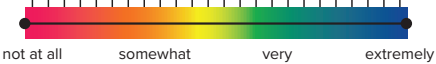

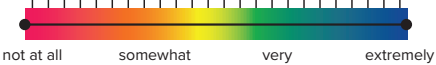

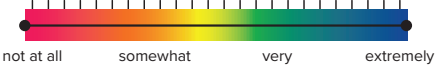

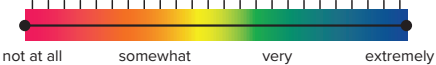

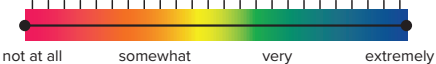

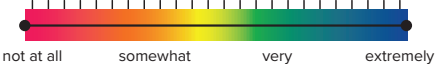

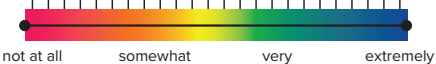

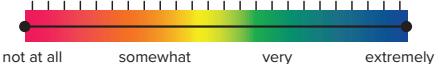

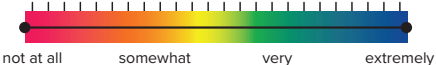


FACTOR	USING THE “TRAFFIC LIGHT” SCALE, EVALUATE YOUR CURRENT LEVEL OF IMPLEMENTATION (GREEN IS GOOD OR REGULARLY; RED IS THE OPPOSITE).	USING THE SCALE BELOW, DETERMINE HOW IMPORTANT THIS FACTOR IS FOR YOU.
Recognizing trauma		 not at all somewhat very extremely
Creating a workspace		 not at all somewhat very extremely
Establishing personal routines		 not at all somewhat very extremely
Socializing with others		 not at all somewhat very extremely
Managing stress		 not at all somewhat very extremely
Eating and sleeping well		 not at all somewhat very extremely
Exercising		 not at all somewhat very extremely
Finding a commitment partner		 not at all somewhat very extremely
Recognizing compassion fatigue		 not at all somewhat very extremely