

Red Zone	Yellow Zone
<p data-bbox="256 387 753 488">What does this zone look like for you?</p> <p data-bbox="256 730 753 779">What do you do to cope?</p>	<p data-bbox="817 387 1313 488">What does this zone look like for you?</p> <p data-bbox="817 730 1313 779">What do you do to cope?</p>
Green Zone	Blue Zone
<p data-bbox="256 1178 753 1279">What does this zone look like for you?</p>	<p data-bbox="817 1178 1313 1279">What does this zone look like for you?</p> <p data-bbox="817 1525 1313 1574">What do you do to cope?</p>