

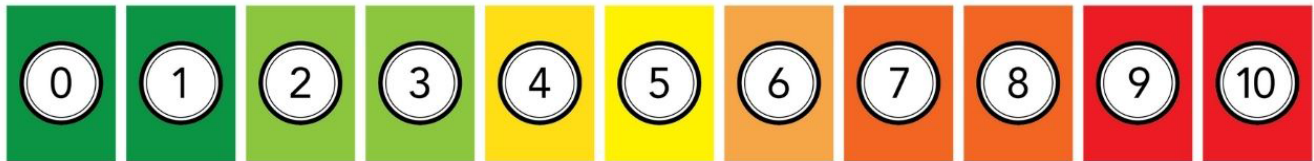


ELEVIVE

## ARE YOU IN THE RED ZONE?

The Red Zone happens when you are at a 7/10 or higher on the distress scale.

Distress is any emotions you don't want, including anxiety, anger, frustration, worry, sadness, guilt, helplessness, worthlessness...



WHAT IS YOUR LEVEL OF DISTRESS:

RIGHT NOW?

WHEN YOU FIRST WAKE UP?

WHEN YOU GET IN BED AT NIGHT?

WHEN YOU HAVE A COMPETITION?

WHEN RECRUITERS ARE WATCHING YOUR PERFORMANCE?

WHEN YOU ARE WITH YOUR FRIENDS?

WHEN YOU THINK ABOUT COLLEGE?

WHEN YOU HAVE A TEST COMING UP?

WHEN YOU INTERACT WITH YOUR PARENTS?

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