Team Status Check: How are you doing?

**Red** = Feeling totally overloaded, stressed, angry or on edge. Support or space needed to change status.

**Orange** = Juggling many things. Difficult to focus beyond main priorities, hard to take in new info or make changes.

**Yellow** = Lots going on, but still managing okay.

**Green** = Feeling positive and balanced, and have mental space to reflect, assess, be creative, or try new things.

**Blue** = Feeling sadness, depression, grief, fear, or loss of control.

**Gray** = Listless, bored, unfulfilled, or numb.