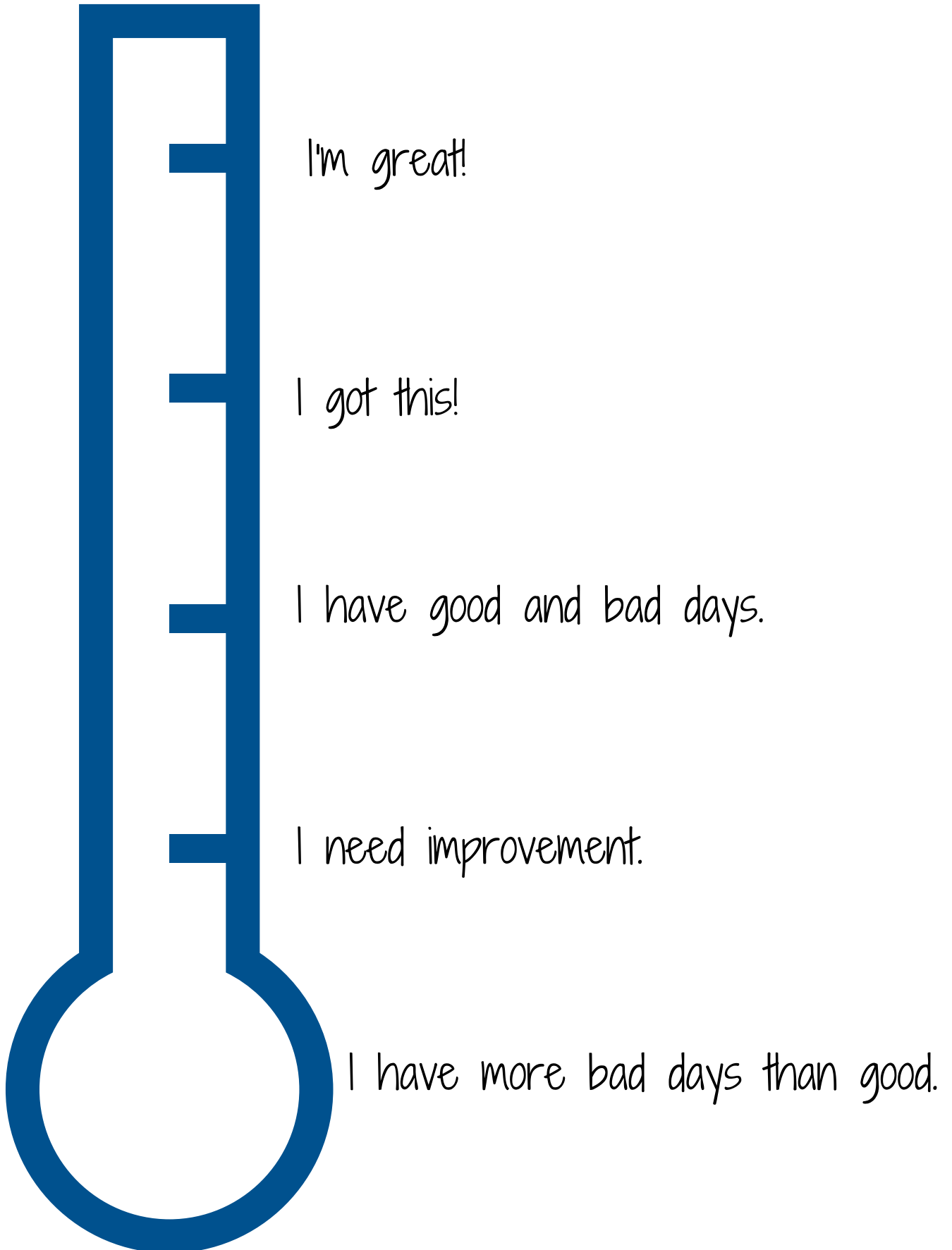


SELF-CARE SCALE

How are you doing on self-care? Mark where you fall overall on self-care.



AGENCY SELF-CARE SCALE

Pick a color & mark where you scored yourself!



I'm great!

I got this!

I have good and bad days.

I need improvement.

I have more bad days than good.