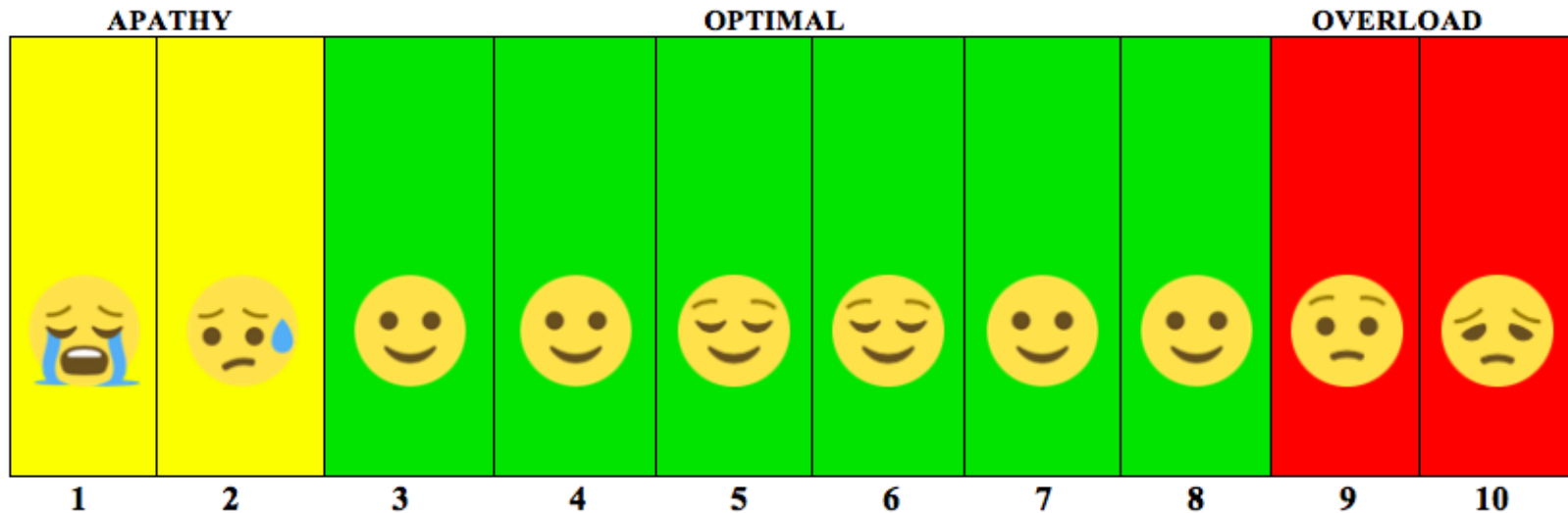


Stress Scales

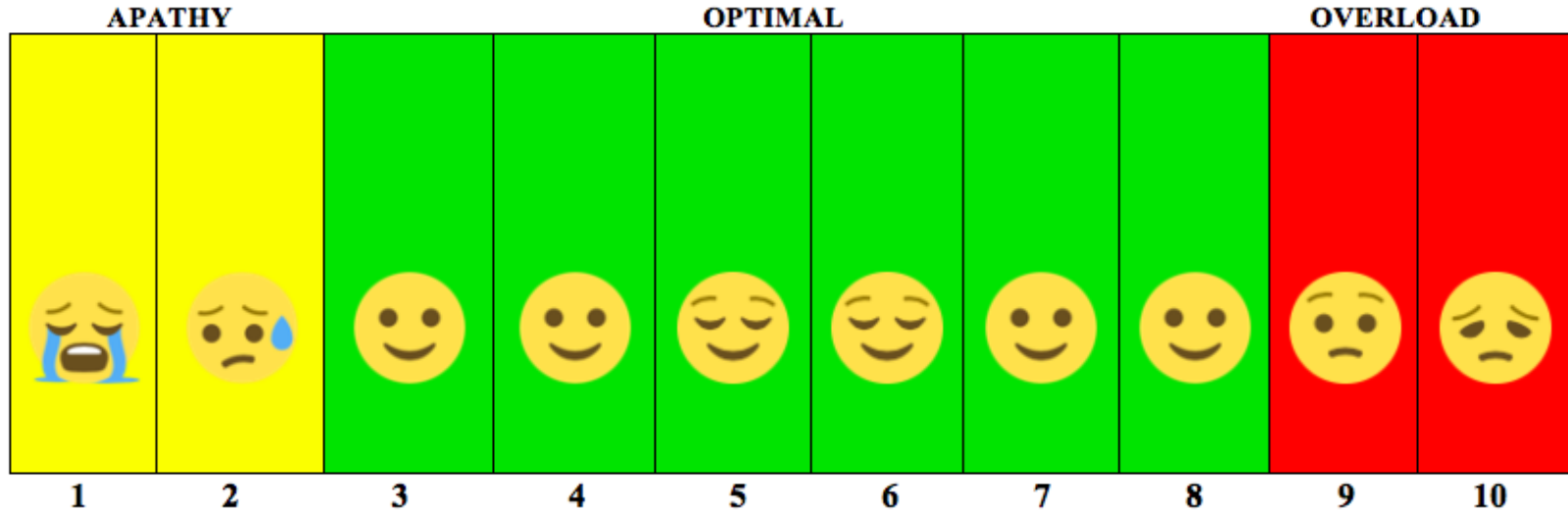
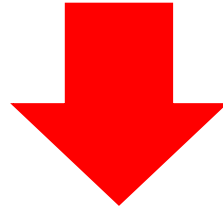
Stress Scales



Charley

You are female. You have a very high athletic ability, but you struggle academically.

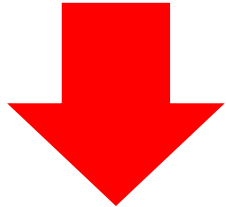
Optimal Stress



Charley

You are female. You have a very high athletic ability, but you struggle academically.

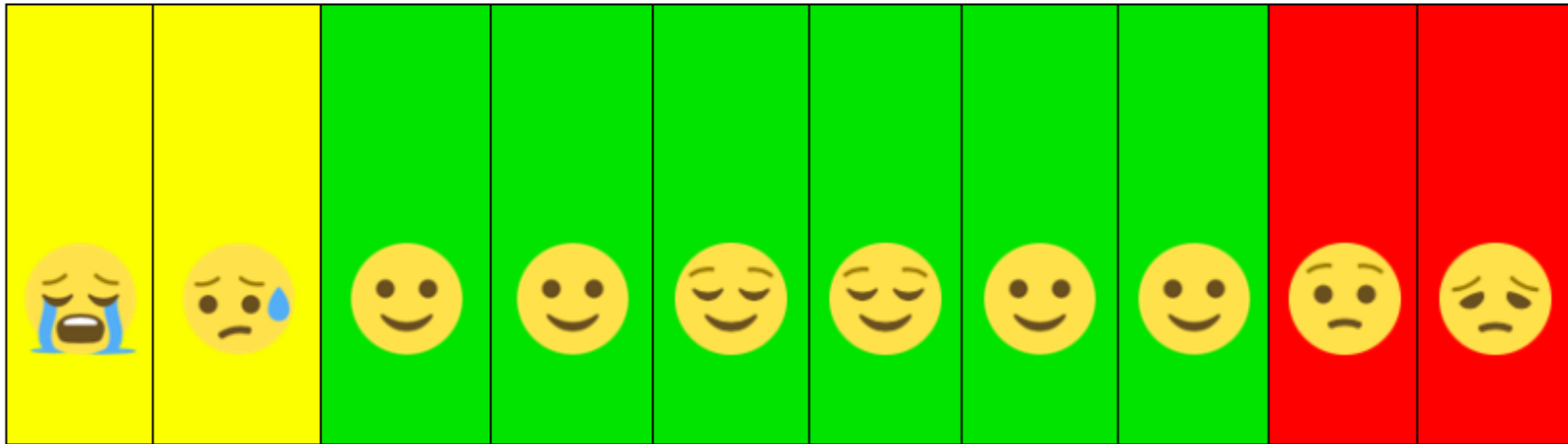
Apathy



APATHY

OPTIMAL

OVERLOAD



1

2

3

4

5

6

7

8

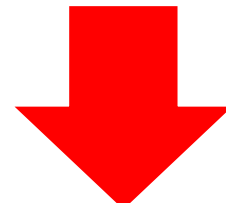
9

10

Charley

You are female. You have a very high athletic ability, but you struggle academically.

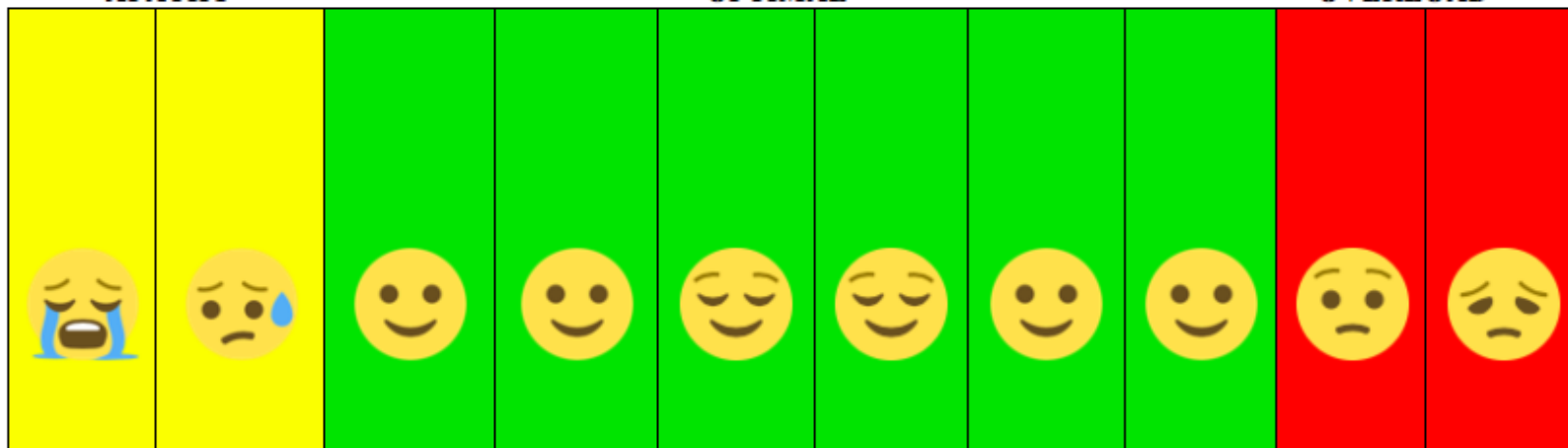
Overload



APATHY

OPTIMAL

OVERLOAD



1

2

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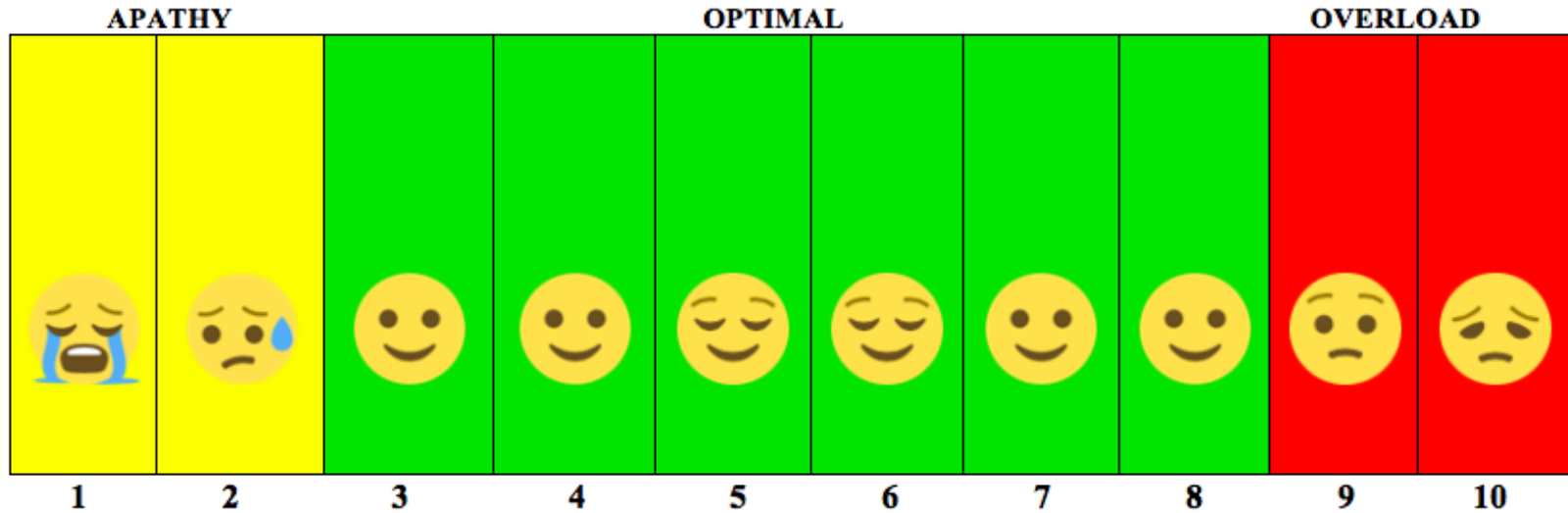
10

Charley

You are female. You have a very high athletic ability, but you struggle academically.

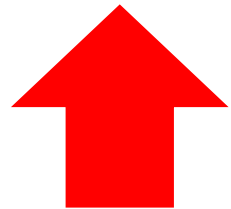
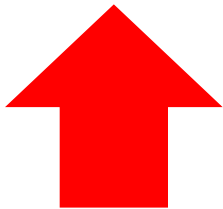
Questions?

Numbers - We cannot count stress

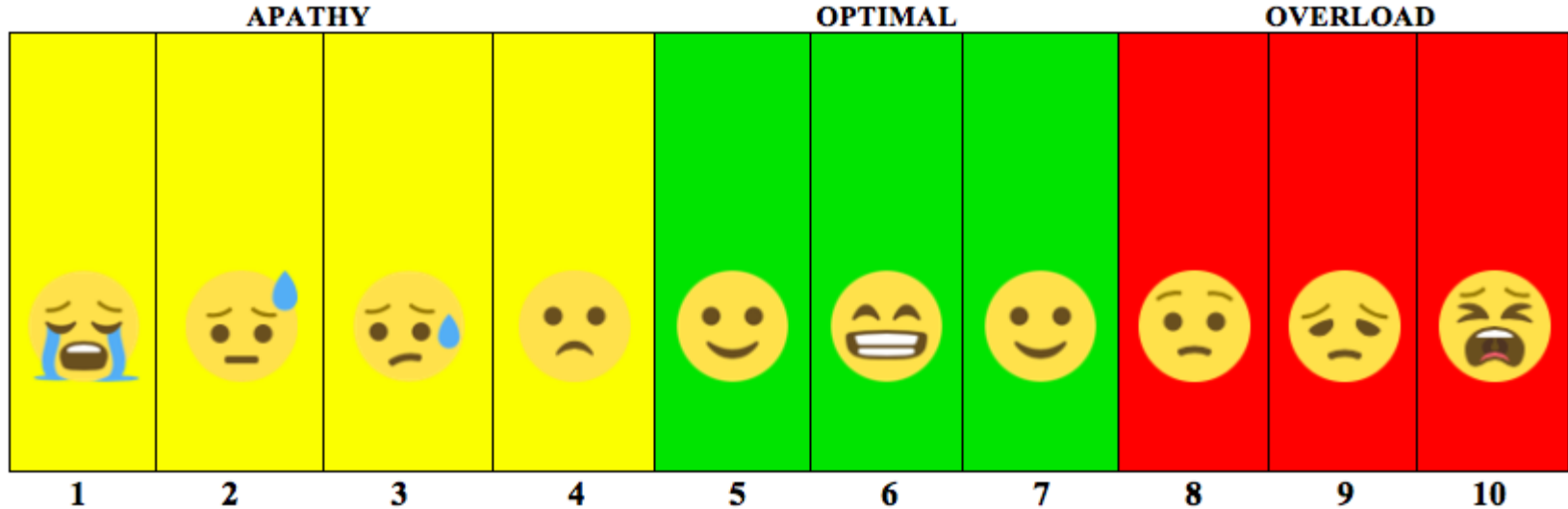


Charley

You are female. You have a very high athletic ability, but you struggle academically.



No two are the same



Will

You identify as trans, your preferred pronoun is 'they/their'. You like to surround yourself with many friends. You are a talented musician and enjoy performing.