

# 5-Point Scale (On the Job)

How I Feel

I Can Try To

<b>5</b>	Over the Edge	I'm ready to go off. I could lose my job at this point so I need to use my "help" card and ask for assistance.
<b>4</b>	Close to breaking point	I can feel myself starting to lose control. I can leave and take a walk.
<b>3</b>	Rumbling	I am feeling overwhelmed and having difficulty concentrating. I can ask my boss for a break.
<b>2</b>	Uneasy	I know something is not right. I can Self-Talk (Stay Calm) and do deep breathing.
<b>1</b>	Awesome	I feel good and confident with doing my assigned tasks.