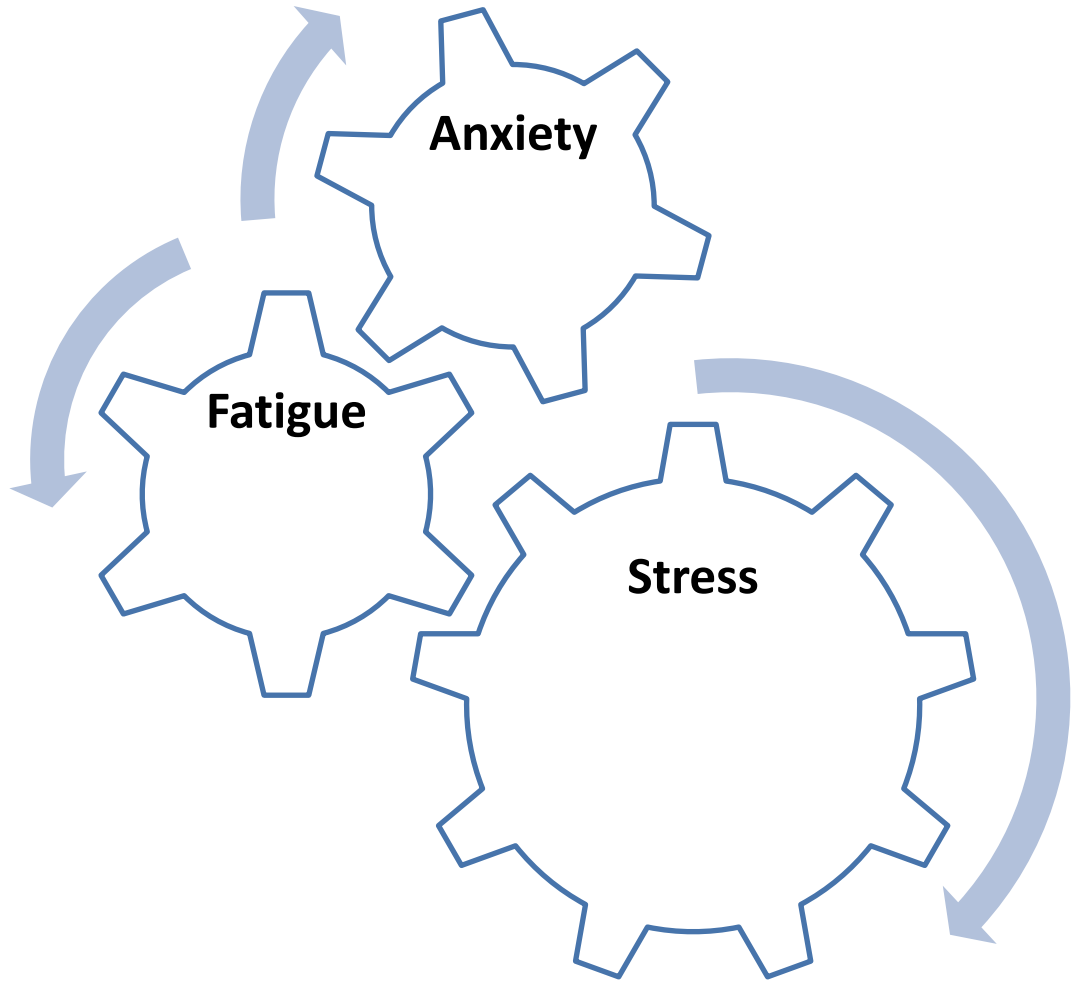


# Job Performance

List ways you feel when you are stressed, fatigued, and anxious.



List things you do to rest, eat healthy, and exercise.

1. Rest \_\_\_\_\_

\_\_\_\_\_

2. Eat Healthy

\_\_\_\_\_

\_\_\_\_\_

3. Exercise

\_\_\_\_\_

\_\_\_\_\_