

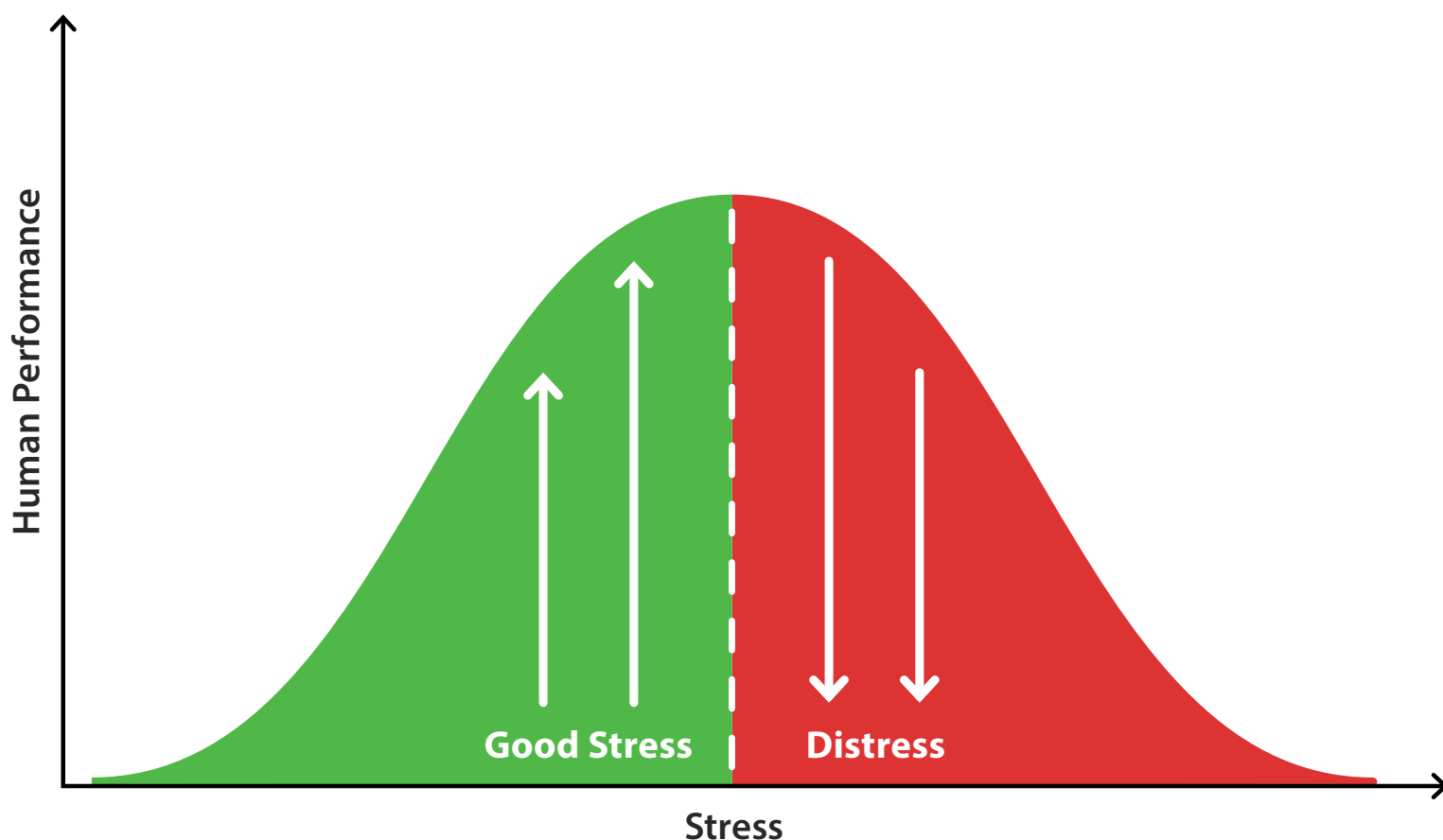


Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

GOOD STRESS–DISTRESS CONTINUUM

Select the box below that indicates where you are on the continuum and describe the signs in yourself, your relationships, and your performance that support your assessment--use extra space below.



Based on the work of Hans Selye