

Developing an Early Warning System

	Make it Personal
1. What S/S stand out most for me?	
2. What S/S do I bring home with me most often?	
3. What S/S do I experience at work?	
4. What do I have to lose if I don't deal with the effects of this "occupational hazard"?	

5. What do I stand to gain if I move toward improved self-care?	
6. Who will be the biggest supporters of my self-care?	

What's Your Plan?