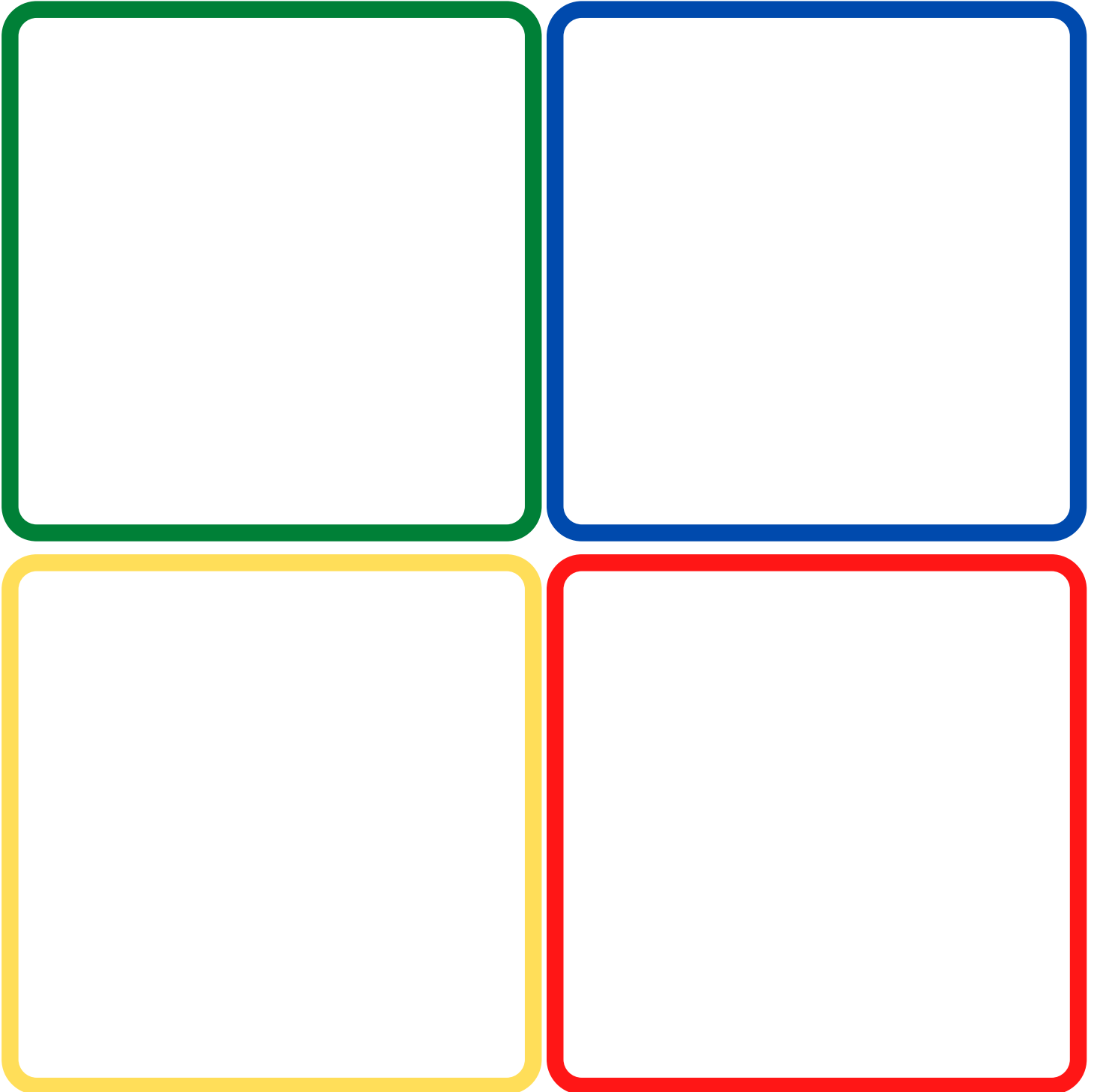


# All Feelings are OK

As we adapt to our new normal, think about what puts you in each zone.



The form consists of four empty rounded square boxes arranged in a 2x2 grid. The top-left box has a green border, the top-right box has a blue border, the bottom-left box has a yellow border, and the bottom-right box has a red border. These boxes are intended for users to write down what puts them in each zone as they adapt to their new normal.