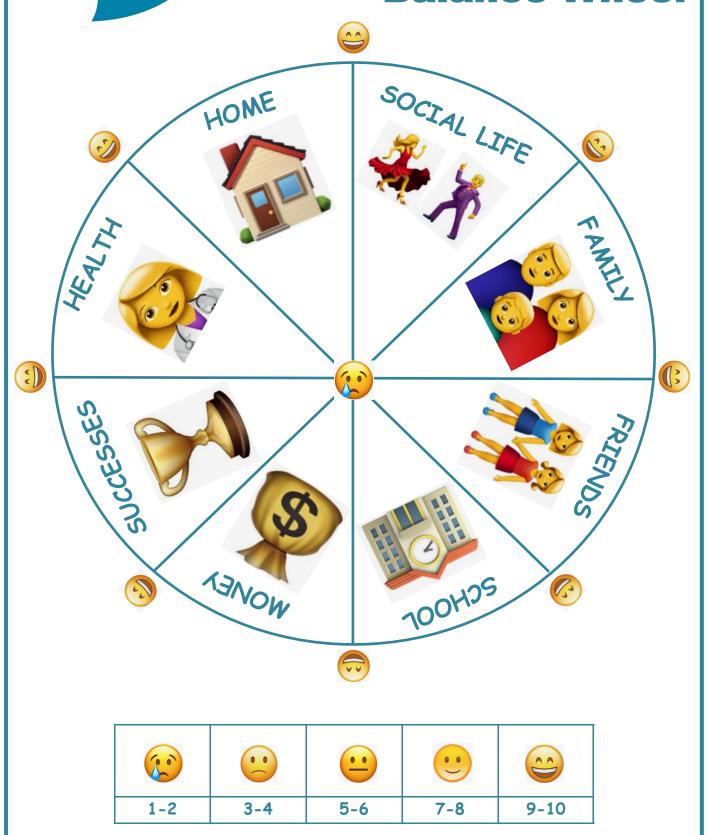


Public Health 5-19

Balance Wheel



Serving the people of Cumbria

cumbria.gov.uk/ph5to19

How Are You Feeling Today?

	00	1999	00	75		7
Tired	Bored	Helpless	Frustrated	Angry	Worried	Confused
	220			63		
Sad	Stressed	Anxious	Scared	Content	Confident	Нарру