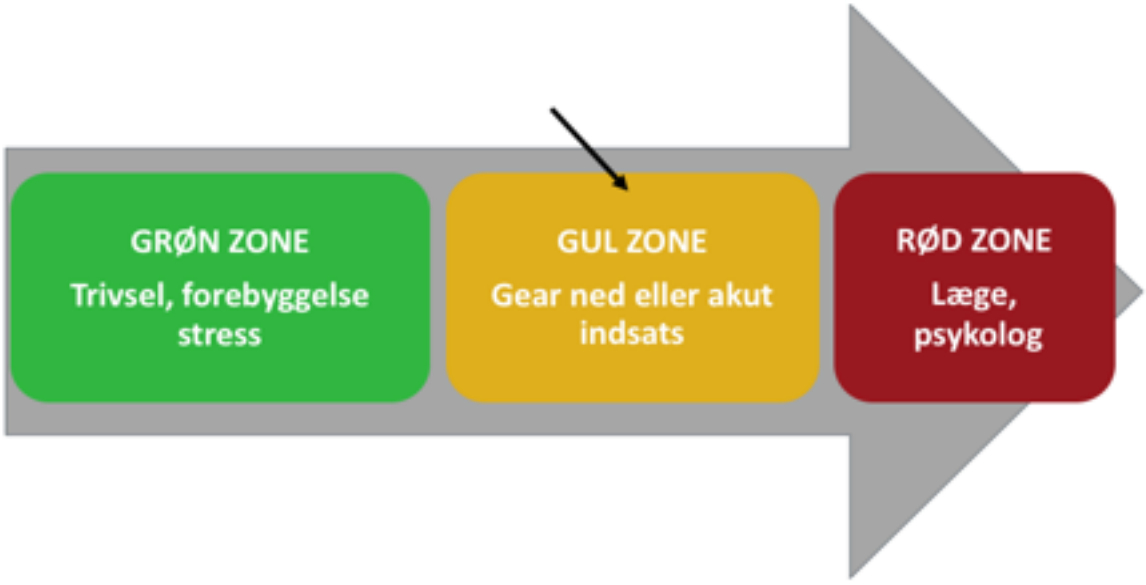
GRØN ZONE
Trivsel, forebyggelse stress
GUL ZONE
Gear ned eller akut indsats
RØD ZONE
Læge, psykolog