
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

> 100 - worst distress
> 90 - severe distress
> 80 - strong distress
> 70 - moderate distress
> 60 - mild distress
> 50 - neutral
> 40 - mild relaxation
> 30 - moderate relaxation
> 20 - strong relaxation
> 10 - very strong relaxation
> 0 - total relaxation

