



HOW DOES YOUR GAUGE LOOK?

It's okay for your temperature gauge to move up and down, but when you spend too much time between 250°C - 300°C, it's time to get in contact with RAW

	100°C	200°C	250°C	300°C
"How are you going mate?"	"Going okay"	"So, so"	"Bit cranky"	"Last week I blew a gasket"
"How worked up are you?"	"Na, all good"	"Yeah, not too bad"	"It's getting to me"	"Yep, fed up with it"
"Outside the shed doors, what's your future look like?"	"Bloody good"	"Average"	"Not flash"	"Bleak"
"How's your work ethic?"	"Having a dip"	"Putting things off & forgetting things"	"Little output"	"Can't be stuffed"
"What happens when your head hits the pillow?"	"Sleeping like a baby"	"Tossed & turned all night"	"One eye open, one eye closed"	"Too much or too little time on the clock"
"How's your personal battery level?"	"Fully charged"	"Surging"	"Hard to get started"	"Flat as a tack"
"How up and about are you?"	"Fit as a Mallee Bull"	"Bit lazy"	"Physically buggered"	"Knackered"
"How socially connected are you?"	"Enjoy getting out for a yarn"	"Feel like keeping to myself"	"People just annoy me"	"Steering clear of everyone"

Rural Alive and Well (RAW) is passionate about building mentally healthy and resilient rural, remote, agricultural and primary industry communities.