**Jackie Francis**

Jacqueline Francis is the Lead Creative Developer of a small but successful company. She’s one of three children, the eldest in fact, and is looking to set a good example for her two younger sisters. Her family lives in the suburbs and she’s in the big city. She’s been here for four years, but the stress is starting to get to her.

It’s Wednesday, 8:00am. She has work at 9:00am. What should she do?

-Go to work.

Jackie decides to go to work. After all, it’s not like she can stop going anytime she pleases. Her stress levels rise. She works through the lunch hour and gets to leave an hour early. It’s 4:00pm. What should she do now?

-Stay home.

You only live once right? Jackie calls in sick and spends the day resting. Her stress levels decrease. It’s 4:00pm, she feels a bit sluggish and hungry. What should she do?

-Exercise.

Jackie decides to exercise. After an hour and a half of moving, she feels better. Her physical levels rise. Now it’s 5:30pm. Jackie is hungry. What should she do?

Go home:

Jackie decides to save her energy. She arrives home and realizes she’s hungry. Her stress levels are rising and she needs to relax. Ugh. What should she do?

-Go out for dinner.

She decides to go out for dinner. It’s nice to treat yourself once in a while. She’s sitting at her table, when a stranger approaches her. “Hi, sorry to bother you but I noticed you were sitting alone, would you like some company?” Jackie says…

- “Sure, I’d like that.”

Jackie talks with the man and learns he’s in finance and enjoys the same movies as her. She is surprised when her food arrives because she was so engrossed in the conversation. After a lovely dinner, he asks if she would like to go out this weekend. Jackie hasn’t been out on a date for three months and the idea fills her with anxiety, but she thinks it might be a good thing for her emotional state. She’s not sure if it would be good or not. What should she do?

- Take a chance, schedule the date.

-Play it safe, don’t go on the date.

-“No thank you.”

He respectfully excuses himself and Jackie sits alone waiting for her check. She starts to feel a little sad that she missed the opportunity. He seemed really nice. Her emotional levels decrease. Still, that’s okay. Maybe she can plan something that will restore her emotional levels this weekend instead. If she makes it that far…

She goes to sleep.

Thursday 12:00pm. Jackie is at work and trying to brainstorm ideas. She’s at her desk and her stress levels are really rising again. She needs to make a change. What should she do?

- Ask to work from home.

Jackie asks her boss if she can work at home for the rest of the week. She agrees so long as Jackie submits her work by 5:00pm per usual. She heads home and resumes work in her pajamas. Her stress and emotional levels decrease, but she moved from one sedentary position to another. Her physical levels decrease. Time for dinner now, what should she do?

-Cook a nice meal.

Jackie decides to cook a nice meal. As she takes her time to make a delicious meal her stress levels decrease. Happily she turns on her television and starts watching the travel channel. The commercials with friends hanging out and the pictures of beautiful pools make her suddenly want to see her friends and also go on vacation. What should Jackie do?

- Start doing yoga during lunch.

Jackie decides she needs to take more time for herself anywhere she can find it. She does a half an hour of yoga and it decreased her levels of stress and increases her physical levels. After work she learns she has a work meeting and they want her to present her ideas.

Her stress levels rise back to original levels. She’s bored the entire time, but at least at the end they have snacks. Ooh, what a beautiful assortment of snacks. Is that Dulce de Flecken? The Germany exclusive chocolate that Jackie dreams about? In full sized bars? She looks around. She doesn’t see anyone. What should she do?

- Stuff two bars in her purse.

- Stuff two bars in her mouth.

Jackie’s emotional levels rise. It makes her so happy to have…”Hi.”

Oh no, caught in the act! Jackie turns and a handsome company liaison is standing beside her. “I really liked your presentation. I’m James by the way.” Jackie says…

-“Hi, I’m Jackie.”

“Nice to meet you Jackie.”

He starts to engage her in a conversation about her interests and talks about his area od expertise.

“Maybe we could talk more over coffee sometime?”

Jackie is still slightly embarrassed that he caught her, but he seems like a really nice person. What should she do.

-Accept his offer.

“Sure, I’d love to.”

He gives her his number and suggests they go out this Saturday. What a turn of events? Jackie’s emotional levels rise.

-Don’t accept. It’s not appropriate.”

“I’m sorry, maybe some other time.”

He nods. “Understood, enjoy your evening.”

Jackie feels emotionally, physically, and mentally, drained.

GAME OVER

-“Hi, I’m…” and Jackie makes up a fake name.

“Hi, I’m Laura.”

He smiles. “Nice to meet you Laura.”

He starts to engage her in a conversation about her interests and talks about his area of expertise.

“Maybe we could talk more over coffee sometime?”

Jackie is still slightly embarrassed that he caught her with the chocolate, and her stress levels are only rising because she now has to either tell the truth or go on the date as Laura! And she really likes him. What should she do?

* Tell the truth

Jackie decides to tell the truth. “I’m sorry, I have to tell you something first. You startled me and I gave you the wrong name. My name is Jacqueline. You can call me Jackie.”

He laughs. “Maybe the chocolate messed with your nerves?”

Dangit he saw! Jackie is embarrassed but her stress levels drop, causing her mental health to improve, and her emotional level rise.

* Keep up the lie

“Sounds great,” Jackie says nervously. They switch numbers and she tries to stay calm, but unfortunately throughout the entire week she starts to get more and more stressed. Until, an hour before the date, she has a full mental breakdown.

GAME OVER

* Cook a nice meal.

Jackie decides to cook a nice meal. As she takes her time to make a delicious meal her stress levels decrease. Happily she turns on her television and starts watching the travel channel. The commercials with friends hanging out and the pictures of beautiful pools make her suddenly want to see her friends and also go on vacation. What should Jackie do?

-Start looking at vacation spots.

Jackie decides that maybe the real answer to her problem is taking a vacation. She needs to get out of the city. She plans a weekend trip and her emotional, mental, and physical levels balance. She is in perfect harmony, at least for now. Surely she can’t go on vacation every time she feels stressed out.

GAME OVER.

-Call a friend.

She decides to call a friend. She hasn’t really gone out with her buddies in a while. Looking through her contacts she tries to think. Who should she call?

-Mary Court

Jackie calls Mary Court. “Hey Mary, how’s it going?

Mary tells her that she too is also stressed. However, she has a dinner party to go to on Friday.

“Want to come?” Jackie says…

- “Yes.”

Jackie says “Yes.”

“Sounds great. See you then!”

- “No.”

Jackie says, “Sorry girl, I don’t think I can.”

“Aw, well maybe next time.”

Jackie bids Mary bye and feels a big sadder afterward, her emotional levels have decreased and her stress increased. That didn’t make her feel better at all. Maybe she should just go to sleep. A new day will make more possibilities. Or maybe call another friend?

- Go to sleep

Jackie decides to go to sleep. When she wakes up in the morning she feels terrible. What would be a good way to start the day?

* - Exercise

Jackie decides to exercise, her fitness levels rise and her stress levels decrease. Alright, she feels a bit better. It’s Thursday. She goes through the day pretty well, and now she’s back at home. She’s been exercising relative often and she starts to feel physically drained. Jackie is also feeling rather lonely. She needs to do something that makes her feel better. What should she do?

- Make weekend plans.

You call your friend Emily Stunner. She suggests you go to a concert on Saturday night and you agree. Sounds super fun! With some weekend plans you feel better. Your stress levels drop. Now you just have to make it through the week in time for the concert.

- Power through the week.

Powering through the week was a bad idea. Ignoring the problem only made Jackie so stressed out that when Saturday comes she doesn’t want to go! She spends the night pitying herself and hating her life, spiraling out of control

GAME OVER

- Try to get lots of sleep.

Jackie makes sure she’s well rested so even though she’s stressed, she can look forward to being ready for the concert. Emily picks her up and the concert is amazing. All of Jackie’s levels balance. She’s in a great place. At the concert, a handsome stranger walks up to her and asks if she’d like to get a drink. She’s in a good place, and a little worried about taking a chance. But it would be a great way to increase her emotional levels during the week. Then again, relationships are tough. What should Jackie do?

- Go for it!

“Sure!” Jackie says. They go to a bar. It turns out he’s an artist. He’s actually been a bit stressed himself, trying to find a new muse for his work. “What do you think I should paint?”

- Flirt!

Jackie turns with her best smile. “How about me?” He’s a bit taken back by that bold statement. He smiles, “Sure.”

Oh snap! He called Jackie’s bluff. What should she do?

- Commit! She offered.

“Okay.”

He smiles. “Okay, how about after dinner. On Saturday. What do you think?” Jackie thinks…

- I think I’m in love.

Jackie smiles, “Sounds great.” That Saturday Jackie has a lovely date and her emotional levels rise greater and greater. Having Blaine around has really been great for her emotional, physical, and mental levels. And it continues to be for the 3 years they date. And 10 years, later, she has to be happy that some angel above helped her make those great choices.

GAME OVER.

- I think I’m in over my head

Jackie’s stress levels rise as her insecurity starts to make her feel inadequate to the handsome artist. What should she do?

- Ignore her insecurity and go on the date.

- Try to back out. She doesn’t need the stress.

-Back out. She wasn’t serious!

- Offer solid advice.

- Play it safe.

-Make dinner plans.

- Skip work

- Call another friend

-Emilia Stunner

-Go shopping:

You only live once right? Jackie calls in sick and spends the day doing some serious shopping therapy. Her stress levels drop. She’s about to exit the store when she sees several staff members enter the mall. Oh no! What should she do?

-Go home and sleep.