

# What's Your Stress Personality Type?

I'm an  
Adventurer



I'm a  
Problem  
Solver



## I'm an Optimist

You're a happy person. You rarely, if ever, get anxious and you rarely, if ever, give up. People like to be around you, like moths to a flame. And when things get tough, you can galvanize and motivate people like no one else can.



I'm a  
Caregiver



I'm a  
Regulator



Join me **Q**uilibrium and make your  
stress personality work for you.

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