What Happens Next?

Possible pathways after stressful or emotionally difficult situations

HERizon

01

Emotional balance

The person develops healthy coping strategies and emotional balance.
Continue building supportive routines and resilience skills.

02

Stress or fear

Stress, anxiety, or fear continue affecting daily wellbeing and confidence.
Emotional support and coping strategies may help improve wellbeing.

03

Unsafe or overwhelming situations

The situation creates insecurity, emotional exhaustion, fear, or self-doubt.
Support, reflection, and coping strategies may help improve wellbeing.

04

Recovery and self-confidence

The person becomes more confident managing emotions, asking for support, and recovering from difficult experiences.
Continue developing healthy wellbeing and self-care habits.