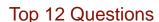
## Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team

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This list contains questions that are applicable to a variety of life's challenges. Use these questions to help yourself and others unveil new choices, options and possibilities you might otherwise have missed.

## What to Do When You're Stuck in the Survival Zone

Demands on our energy can sometimes exceed our capacity on a given day. Tony Schwartz, author TaW68B bYG[X8aXel Ceb]XVgt[TfWkag\ XW in this article

