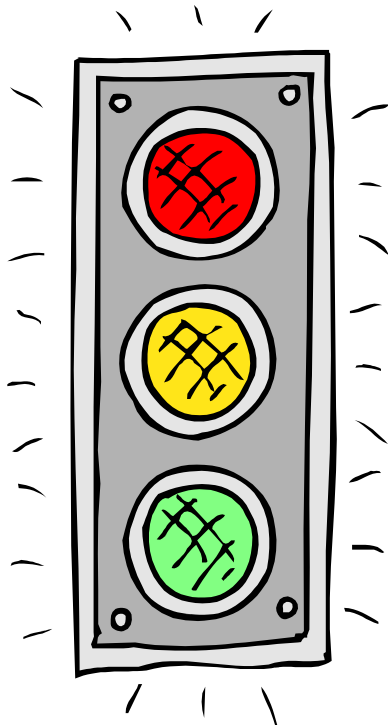'Worry traffic light' systems:

A worry you can't do anything about

A worry you might be able to sort out in the future but not worth worrying about now

A worry you can do something about now