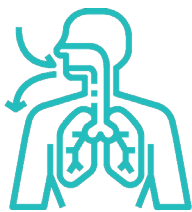


GREEN LIGHT SKILLS

What are **GREEN LIGHT SKILLS**?

Skills to use **EVERYDAY** to promote a strong, stable foundation of mental health.



Breathe



Take care of your body through fuel, movement, and rest



Connect: with other people, with what is most important to you, and to something larger than yourself



Be aware of how you feel and what's going on around you



Do something you enjoy



Set healthy boundaries



Take medication as prescribed



Be thoughtful about the substances you put in your body



Ask for help when you need it

YELLOW LIGHT SKILLS

YELLOW LIGHT SKILLS are skills to use when you have extra stress. That stress could come from school, work, community or home life; being hungry, sick, tired; feeling angry, anxious, lonely, depressed; or...just life.

Yellow Light Skills will not magically fix the stressful situation, and may not even make you feel terrific. The point of using Yellow Light Skills is to help reduce the risk of things getting worse. If you happen to feel better after using a Yellow Light Skill...that is a happy bonus!



NOTICING & CALMING SKILLS:

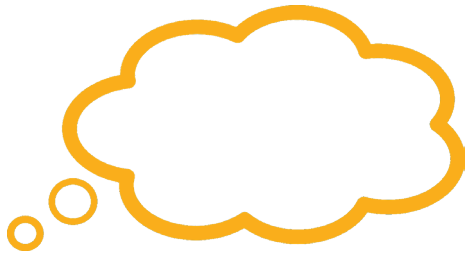
The first step in any tough situation is to **NOTICE** that it is happening by recognizing how it shows up in how we think, feel, and act. The second step is to do things to **CALM** our system down in order to respond effectively.

REFLECTING & PROCESSING SKILLS:

REFLECTING skills are about thinking back over a situation.

PROCESSING skills are about making sense of the situation and our feelings/emotions.



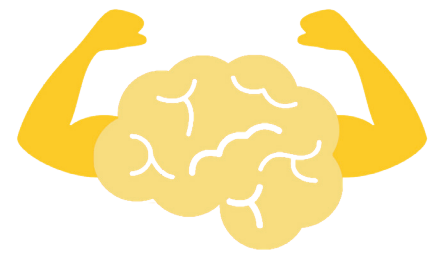


EXPRESSING SKILLS:

After noticing and making sense of how we think and feel, it is helpful to **EXPRESS** our thoughts and feelings somehow. This might be by talking things out, journaling, art, moving, or more.

RESILIENCE-BUILDING SKILLS:

All of the Green Light and Yellow Light Skills help **BUILD OUR RESILIENCE**. Having a “toolbox” of many skills can help us respond to the different kinds of stress we encounter. Just like any other skill, practicing these skills helps us become more resilient, flexible, and effective in our responses.



RED LIGHT SKILLS

RED LIGHT SKILLS are safety skills that we use when we are experiencing a crisis.

What is a CRISIS?

A crisis is when there is a sense of uncertainty about safety (self harm, suicide, harming others, or abuse) and/or not knowing how to respond to a situation.

How do we RESPOND TO A CRISIS?

TAKE A BREATH & ASK FOR HELP!

There are many resources that we can rely on when experiencing a crisis.

Reach out to one of these resources:

NATIONAL SUICIDE PREVENTION HOTLINE:

- **CALL 1-800-273-TALK (8355)**

*Open 24 hours a day, seven days a week

CRISIS TEXT LINE:

- **TEXT "Home" to 741741**

*Open 24 hours a day, seven days a week

REACH OUT TO SOMEONE IN YOUR SUPPORT CIRCLE:

NAME and PHONE NUMBER

Person who can provide a healthy distraction: _____

Person who I can ask for help: _____

Professional person or organization available to me: _____

Ways that I will reach them when I need help and/or am in crisis:

In-Person Text
 Phone call Email

In-Person Text
 Phone call Email

In-Person Text
 Phone call Email

Signs that require IMMEDIATE ASSISTANCE:

Thoughts or impulses of harming yourself or others

Making plans to harm yourself or others

Feeling out of touch with reality

Other signs that you may be experiencing a crisis:

THINKING

- Any thought that you do not know how to handle on your own

SITUATIONS

- You do not feel safe
- Big life stressors (like losing someone close to you or losing your job)

OTHERS?

- _____
- _____
- _____

FEELING

- Sudden changes in your mood
- Quicker to anger or frustration
- Feeling like your mood is "out of control"
- More bad days than good days
- Extreme "low" and "high" feelings

ACTING

- Significant changes in your eating, sleeping, and/or hygiene
- Low motivation for responsibilities (school, work, etc.)
- Withdrawing from relationships and/or normal activities
- Use of substances to numb out