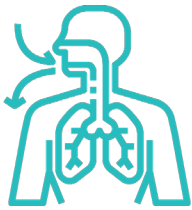


PRACTICE PRACTICE PRACTICE

When we use Green Light Skills, we are building a strong, stable foundation of good mental health. Green Light Skills are self care activities that we do each day to care for ourselves so that we can care for others.

A REVIEW OF THE GREEN LIGHT SKILLS:



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

HOW ARE YOU FEELING TODAY?

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

REFLECT:

1. What have you learned so far?
2. Which of these skills or activities have been easiest for you?
3. Which of these skills or activities have been a challenge?
4. Which skill or activity did you enjoy practicing the most?
5. What, if anything, surprised you?
6. What skill might you want to practice more?

CHALLENGE:

Now that you have identified the skill that was most challenging for you, your challenge is to practice it again! Consider reviewing the video and handout to help you with that skill. Share what you learn with someone you trust.

**JUST LIKE WITH ANY OTHER SKILL, WE GET BETTER
THE MORE WE PRACTICE!**