

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.

