

PRACTICE PRACTICE PRACTICE

Yellow Light Skills are skills to use when we are experiencing extra stress to help us get through that stress quicker and better. They will **NOT** magically make the stress go away, but can help reduce the risk of things getting worse.

YELLOW LIGHT SKILLS:



NOTICING AND CALMING SKILLS:

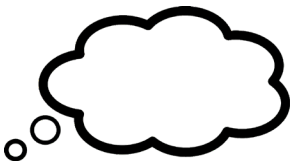
The first step in any tough situation is to **NOTICE** that it is happening by recognizing how it shows up in how we think, feel, and act.

The second step is to do things to **CALM** our system down in order to respond effectively.

REFLECTING AND 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. We might express ourselves through creativity, talking, writing, moving, or many other ways!

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.



REFLECT:

1. What have you learned about yourself after practicing these Yellow Light Skills?
2. Which skills or activities have been easiest for you?
3. Which skills or activities have been a challenge for you?
4. Which skill or activity did you enjoy the most?
5. What, if anything, surprised you?
6. Which 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!**