

TAKE YOUR MEDICATION AS PRESCRIBED

There are many things that are medicine for our minds and bodies. In other words, the things we do to take care of ourselves and others are like “medicine” because they help us feel good:

Examples of “Medicine”:

MOVING
OUR BODIES

FUELING
OUR BODIES

RESTING
OUR BODIES

DRINKING
WATER

DOING
SOMETHING
WE ENJOY

CONNECTING
WITH OTHER PEOPLE

BEING A PART
OF SOMETHING
BIGGER THAN
OURSELVES

If you are taking medication that has been prescribed by a doctor, it is important to talk to your medical provider:

- When you notice any changes in your body
- Before making decisions to change doses or take yourself off of a medication
- When you think you might need a different dose or a different medication
- When you have questions about your medication or how you are feeling

REFLECT:

What is “Medicine” for you?

Choose a “medicine”. Your medicine can be a prescription medication or a “medicine” of your choice, like any Green Light Skill (see below).
 Then, use this calendar to track if you are using your “medicine” and what you notice each day.

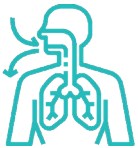
My “Medicine”: _____

	MON	TUES	WED	THURS	FRI	SAT	SUN
Did I take my medication as prescribed OR Did I use my “medicine”?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
What do I notice?							

CHALLENGE:

Once you have tracked your medicine for the week, have a conversation with someone you trust about what you noticed and how you felt this week.

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



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



Be thoughtful about the substances you put in your body



Take medication as prescribed



Set healthy boundaries



Do something you enjoy



Ask for help when you need it