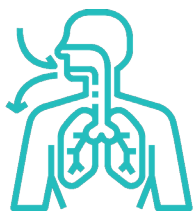


# GREEN LIGHT SKILLS

## GREEN LIGHT:

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

**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**