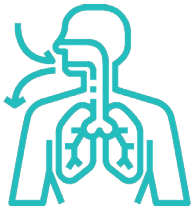


GREEN LIGHT SKILLS

What are **GREEN LIGHT SKILLS**?

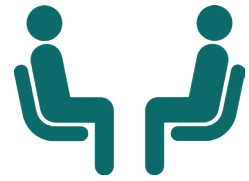
Skills to use **EVERYDAY** to promote a strong, stable foundation of mental health.



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