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**

**HELP!**