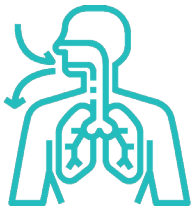


# PRACTICE PRACTICE PRACTICE

When we use Green Light Skills, we are building a strong, stable foundation of good mental health. Green Light Skills are self care activities that we do each day to care for ourselves so that we can care for others.

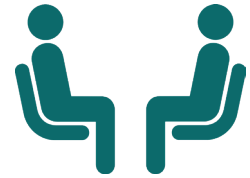
## A REVIEW OF THE GREEN LIGHT SKILLS:



**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**

**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**

## REFLECT:

1. What have you learned so far?
2. Which of these skills or activities have been easiest for you?
3. Which of these skills or activities have been a challenge?
4. Which skill or activity did you enjoy practicing the most?
5. What, if anything, surprised you?
6. What 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!**