

Get to know your **YELLOW** lights so you can feel better, faster.

Maybe you don't feel great, but you're not sure what to do about it. The phrase "Listen to your body" is tossed around, but it's too vague to be helpful. Paying attention to your "lights" is a tangible way to build awareness so you can feel better.

Your body constantly responds to your environment, what you put in it, what you ask of it. Categorizing these responses as **GREEN**, **YELLOW**, and **RED** lights can help you assess and address your physical, mental, and emotional self.

Green lights mean everything's good. Yellow lights indicate something is borderline. Red lights tell you something is definitely wrong. Green leads to yellow; yellow leads to red.

Learn to recognize the lights. Stress is an easy example, but you could choose anything. Your symptoms/signs might be different than what's below, but you get the idea.

GREEN - I can manage the stress. I'm not pretending to be ok - I am ok.

YELLOW - I'm holding on to my temper, but my jaw is tight.

RED - I am angry and short-tempered. My spine is stiff and rigid.

Because yellow lights lead to red lights, catching a yellow light enables you to change the path you're on.

Once you have awareness, you can make informed choices. Wouldn't it be nice to NOT lose your temper, throw out your back, emotionally eat the cookies, or pick a fight with your partner?

You notice a **YELLOW** light.

You can . . .

Respond in a way that quiets
whatever is contributing to the yellow
light.



Return to a quieter,
calmer state.



Make changes so the
yellow light
comes less frequently.



Feel better, longer.

Make a conscious decision
to ignore the yellow light.



Hit the red light.



Recover.



Address what led to the yellow lights so
they happen less often.

OR

Change nothing but keep building
your awareness around your lights,
what needs to change,
and what's in the way of change.

Neither path is right or wrong, good or bad.

The shift comes from making an informed choice, not a blind one.

Not only can you empower yourself to feel a whole lot better in your body and life, but if you need the support of a medical or mental health professional, you can provide valuable information about what you've been noticing.

So, grab a piece of paper and write what you already know about your lights. Are you aware of what leads to them? What can you change? What are the obstacles? Pay attention here and there and see what else you notice, and add that info to your list.

Building awareness is like peeling an onion - it's a process, and there are always more layers. Have fun!