**Stop-light system for self-care**

You have to work together with someone to fill the following table, as the columns “What I notice,” “What I can do” and “What others can do” are filled in by the person themselves, but “What others notice” is answered by a friend, family member or a specialist that regularly sees them.

* **Green light** zone represents a state of emotional and physical wellbeing. There may be smaller, everyday difficulties but the person is mainly feeling positive and has enough energy for both obligatory and leisure activities.
* **Yellow light** zone represents a state where a person is functioning but also dealing with some more serious issues. They may need to rest more often or experience some anxiety or a lower mood, have less energy.
* **Red light** represents the person being out of their safety zone. In this state the person might be unwell and feel unable to cope with any unexpected events or difficulties. Being in the red light zone may lead to a crisis if help does not reach them in time.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Colour** | **What I notice** | **What others notice** | **What I can do** | **What others can do** |
| **Green** |  |  |  |  |
| **Yellow** |  |  |  |  |
| **Red** |  |  |  |  |