

# GREEN HEAD



# RED HEAD

## HEALTHY

- Calm
- Confident
- Concentration and focus is good
- Sleeping normally
- Good appetite
- Limited alcohol consumption, no binge drinking
- Limited/no addictive behaviours

## HURT

- Irritable, sad, angry
- Distracted, lose focus
- Trouble sleeping
- Eating less or more
- More alcohol/drug use, binge drinking
- More things to escape reality like gaming, etc.

## INJURED

- Suicidal thoughts
- Inability to concentrate
- Cannot fall/stay asleep
- No appetite/over eating
- Regular to frequent binge drinking
- Addictions in full swing

Staying GREEN?

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Triggers?

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Signs?

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Getting back to GREEN?

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