

The Yellow

How does it look and feel?

Do you notice the difference? Can you feel the change? When the things you've loved doing start to feel like a chore and you'd rather just lie around. Or maybe you'd rather go out and be around new people. Who needs sleep anyways? Are you ignoring obligations? Did you miss that home cooked meal with the people that care for you? What does it look like for you to become unsettled? How does it feel to be on edge?

What can you change?

We often ignore obvious solutions when we'd rather do other things, like engaging in old, unhealthy habits. Sometimes unsolicited advice is accurate, even if we don't want to hear it. As things unravel, we still have good habits stored to recent memory and hopefully a continued desire to do the best for ourselves. Depending on the weight of the problem, you may still be able to change course. But how? What actions you can take to keep yourself healthy under distress. What has worked in the past? What can you change before it's too late?

What are problematic feelings and behaviors?

[illegible]