

Your traffic lights cards guide

Living with a digestive condition can mean that your energy levels and symptoms change from one day to the next. The traffic light cards are a simple, no-nonsense way to let the people around you know exactly where you're at today and what you might need. No repeated explanations necessary.

How to use your traffic light cards

- ✓ **1. Download or screenshot the digital cards to use on your phone.**
- ✓ **2. Put your selected status card on display:**

You could set the day that corresponds to how you're feeling as your wallpaper. Another idea is sharing them with family and friends, with in person or text message.
- ✓ **3. Let the cards do the talking:**

Our 'My Support Guide' cards can be used let them know what you might need. For example, "When I'm having a yellow day, I need gentle encouragement."

A handy tip:

Use your phone to help you. Your phone's annotation, note features or social media apps can help you to write down what you might need on those days.



Let's Talk Guts

LET'S
TALK
GUTS

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How to use these cards to support a loved one.

When someone you care about is managing a digestive condition, it can sometimes be hard to know what to say or do. You want to help, but you don't want to make assumptions or ask a million questions. That's where our traffic light cards come in. It's a way to open up the conversation without having to find the words when your loved one is having a difficult day. Because sometimes, there are no words.

How you can use their traffic light status to be in their corner:

Trust the colour

Chronic digestive symptoms can change in a flash. Your loved one might have felt okay this morning but if the colour of their card has changed, then their reality has too.

Take away the guilt

Often, the hardest part of a red or yellow day is the guilt of cancelling plans or feeling like they've let people down. If they can't make it out, you could send a quick text saying, "I completely understand. No need to reply, just rest up and remember that I'm here for you."

Offer practical support

On red days, small things make a huge difference. You don't need to reinvent the wheel – offering to do a grocery shop, filling up a hot water bottle or keeping the house quiet is exactly the kind of teamwork they may need.

Keep the conversation going

To them, conversations can feel exhausting, but don't be afraid to ask simple questions that might help. This could be something like, "I see you're on yellow today, is there anything specific that would make things easier for you?"



Looking for information about digestive conditions and symptoms?

We provide information and support on more than 40 digestive conditions and symptoms. Find more information at gutscharity.org.uk/information.

Need support? Contact our Helpline on 0300 102 4887 or gutscharity.org.uk/helpline.

Registered charity no. 1137029

