

Emotion Regulation Handout 6

Reducing Vulnerability to Negative Emotions

How to Stay Out of Emotion Mind

A way to remember these skills is to remember the term
PLEASE MASTER

P & L Physical Illness (*treat*)

Eating (*balance*)

Altering drugs (*avoid mood altering drugs*)

Sleep (*balance*)

Exercise (*get*)

Mastery (*build*)

TREAT PHYSICAL ILLNESS

Take care of your body. See a doctor when necessary. Take prescribed medication.

BALANCED EATING

Don't eat too much or too little. Stay away from foods that make you feel overly emotional.

AVOID MOOD ALTERING DRUGS

Stay off non-prescribed drugs including alcohol.

BALANCED SLEEP

Try to get the amount of sleep that helps you feel good. Keep to a sleep program if you are having difficulty sleeping.

GET EXERCISE

Do some sort of exercise every day, try to build up to 20 minutes of vigorous exercise.

BUILD MASTERY

Try to do one thing a day to make yourself feel competent and in control.