

# 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.