

To decrease negative emotions **PLEASE:**

Tend to **P**hysical **L** health **E**at regularly **A**void drugs & alcohol **S**leep **E**xercise

PL Take care of **p**hysical health, aches/pains and illness. Take medication as prescribed.

Eat regularly. Don't skip meals. Eat a balanced diet, avoiding the highs and lows that come when your blood sugar is not regulated. Don't be "hangry!"

Avoid Drugs and Alcohol. Know how alcohol and drugs (i.e. caffeine) impact your mood and make decisions accordingly.

Sleep 7-9 hours per night. Practice good sleep hygiene.

Exercise. Move your body however works for you!

Emotion Regulation Skills *(continued)*

Simply **identify and name your emotions**. Rate them on a scale of 1-5.

Notice body sensations.

Check the facts – Does what I am feeling make sense given what happened?

Self-validate and/or **change your thoughts** to fit the facts

ABC

Accumulate Positives Positive experiences – do things you enjoy!

Build Mastery Do things that make you feel good about yourself

Cope Ahead Plan ahead for what will help you get through

Avoid avoiding – participate and engage!

Be **unmindful of worries** – let them go!

Make a “**values and priorities**” list and decide on small steps you can take to align your actions to those values/priorities.