

EMOTION REGULATION HANDOUT 3

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:"

treat	<u>Physical</u> illness
balance	<u>E</u> ating
avoid	mood- <u>A</u> ltering drugs
balance	<u>S</u> leep
get	<u>E</u> xercise
build	<u>MASTER</u> y

1. Treat Physical illness: Take care of your body. See a doctor when necessary. Take prescribed medication.
2. Balance Eating: Don't eat too much or too little. Stay away from foods that make you feel overly emotional.
3. Avoid mood-Altering drugs: Stay off nonprescribed drugs, including alcohol.
4. Balance Sleep: Try to get the amount of sleep that helps you feel good. Keep to a sleep program if you are having difficulty sleeping.
5. Get Exercise: Do some sort of exercise every day; try to build up to 20 minutes of vigorous exercise.
6. Build MASTER y: Try to do one thing a day to make your self feel competent and in control.