EMOTION REGULATION HANDOUT 20

(Emotion Regulation Worksheets 9, 14)

Taking Care of Your Mind by Taking Care of Your Body

Remember these as **PLEASE** skills.

P

L

1. Treat PhysicaL Illness. Take care of your body. See a doctor when necessary. Take prescribed medication.

E

2. Balance Eating. Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.

A

3. Avoid Mood-Altering Substances. Stay off illicit drugs, and use alcohol in moderation (if at all).

S

4. Balance Sleep. Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.

E

5. Get Exercise. Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

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