

Emotion Regulation Skill: PLEASE

Lower vulnerability to emotional reactivity.

PHYSICAL ILLNESS:

Take care of your body otherwise it will affect your mood. (*Take medication as prescribed, shower, brush teeth, regular doctor and dentist appointments, sunlight, massage, acupuncture, chiropractor, ect.*).

What do you need to do to attend to physical health on a regular basis?

EATING:

What we eat is a major contributing factor to mental health. (*Things like type of food, quality of food, portion size and time of eating are things to know*). Know what food effect your mood.

What changes or things do you need to do to maintain a healthy food plan? _____

What foods should you be cautious of? _____

MOOD ALTERING SUBSTANCES:

Anything that alters your mood will affect your emotional regulation. Drugs, alcohol extra prescription pills will impact your medication and mood. (*This includes caffeine.*)

What are my 2 reasons to avoid these? _____

SLEEP:

It is critical to get enough sleep, it restores all our body's functions. Sleep is directly related to mood regulation. What are your barriers to sleep? _____

What is your healthy sleep plan each night? (*bedtime, wake time, last caffeine intake, temperature, medication time.*)

EXERCISE:

When we exercise "feel good" chemicals are released into the brain which increase our mood and we are less vulnerable to stress. 20 minutes per day can improve your emotional health.

What is your movement plan per day? What things can you do for exercise? _____
