INTEGRATED
treatment solutions

Emotion Regulation:
Reducing Vulnerability to Negative Emotions

How to Stay Out of Emotion Mind

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.

Copyright © Integrated Treatment Solutions, LLC 2010
Adapted by "Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance", McKay, Wood and Brantley.