

Emotion Regulation

How to Reduce Vulnerability to Negative Emotion: H.E.A.R. M.E.

- H ealth** **Take care of your body. See a doctor when necessary. Take prescribed medication.**
- E xercise** **Do some form of exercise every day; try to build up to 20 minutes of sustained exercise.**
- A void** **Stay off non-prescribed drugs like alcohol, pot, and other illegal drugs.**
- R est** **Try to get the amount of sleep that helps you feel good. Try to keep a regular sleep schedule. (See the next page of this handout-out for sleep suggestions.)**
- M astery** **Try to do one thing a day to help yourself feel effective, competent, and in control.**
- E ating** **Do not eat too much or too little. Stay away from foods that make you feel overly emotional. Learn about nutrition and what foods are healthiest for you.**