

Emotion Regulation Skills

P.L.E.A.S.E.

Your body and mind are closely linked, and the health of one directly affects the other. An unhealthy body will make it difficult to manage your emotions. The acronym “P.L.E.A.S.E.” can be used to help you remember important aspects of this connection.

PL	Treat Physical Illness
E	Eat Healthy
A	Avoid Mood-Altering Drugs
S	Sleep Well
E	Exercise

Paying Attention to Positive Events

It's only human—most people give more attention to the bad things than the good. If you hear ten compliments, and a single criticism, you'll probably focus on the criticism.

If you notice yourself focusing on the negative aspects of an experience, try to stop and refocus on the positive. Practice by doing a small positive activity every day while making a point to acknowledge the good parts (even if things aren't perfect). Don't let minor problems ruin the moment.

Adding one or two positive activities won't change your life, but over time the happiness they create will start to add up. Here are a few ideas for quick positive activities to get you started:

Have a good, unrushed meal.	Watch a movie.	Visit with friends or family.
Visit a local attraction like a zoo or museum.	Go for a walk.	Put on headphones and do nothing but listen to music.
Have a picnic.	Give yourself a relaxing night in.	Try a new hobby.