EMOTION REGULATION HANDOUT 16

PLEASE Skills

Treat Physica illness: Take care of your body. See a doctor when

necessary. Take medications as prescribed.

Balance **E**ating: Don't eat too much or too little. Stay away from

foods that may make you overly emotional.

Avoid mood-altering drugs: Stay off nonprescribed drugs such as marijuana,

other street drugs, and alcohol.

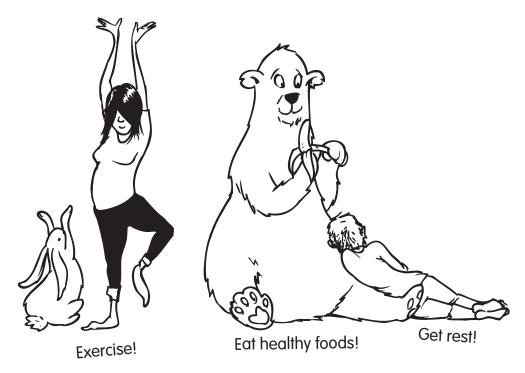
Balance **S**leep: Try to get the amount of sleep that helps you feel

rested. Stay on a regular schedule in order to

develop good sleep habits.

Get **E**xercise: Do some sort of exercise every day, including

walking. Start small and build on it!



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