

TAKING CHARGE OF NEGATIVE EMOTIONS

1. TAKE CARE OF YOURSELF

Take care of your body. See a doctor when necessary and follow your doctor's advice.

2. BALANCE EATING

Don't eat too much or too little. Stay away from foods that make you feel overly emotional.

3. DON'T ABUSE DRUGS OR ALCOHOL

Stay off non-prescribed drugs, including alcohol.

4. BALANCE SLEEP

Try to get the amount of sleep that helps you feel good. Keep to a sleep program if you are having difficulty sleeping.

5. GET EXERCISE

Do some sort of exercise every day; try to build up to 20 minutes of vigorous exercise.

6. BUILD UP YOUR SKILLS

Try to do one thing a day to make yourself feel competent and in control.