

## Managing Your Feelings: Reducing Your Emotional Vulnerability

### Session 3 Handout

#### BODY CHANNEL

- **Improve your self-care**
  - Meeting your basic needs (hunger, thirst, rest, illness, discomfort/pain, hygiene, and exercise) can influence your mood.
  - Routine care of your body. Treat your body well with a good diet, adequate sleep, regular exercise, and other healthy behaviors.
- **Improve your physical environment to make yourself feel comfortable.** When possible, notice your response to temperature, clothing, colors/textures, sounds/noise, and clutter. Small changes in your surroundings can increase serenity and positive emotions.

#### THOUGHT CHANNEL

- **Increase your awareness of positive emotions and positive self-talk** because they help us to:
  - Feel good.
  - Reduce our distress.
  - Identify our values/goals and motivate us to use positive behaviors.
  - Connect to others.
- **Focus your attention on positive events that happen over the course of your day.**

#### BEHAVIOR CHANNEL

- **Practice what you are good at.** Regularly do activities or practice skills that you feel you are good at. Write 1-3 things you are good at: \_\_\_\_\_
- **Regularly spend time or stay in touch with others.**
  - Often when we feel bad, we isolate and then feel overwhelmed and/or lonely.
  - Identify activities which will help to expand your social support group. Join groups or attend meetings with like-minded people.

- Even small interactions can boost your mood. Going to public places, even for coffee or the library, can help us feel less alone.
  - Call/text/email/visit a supportive friend, family member, or sponsor
  - Write the names of 1-3 people you like to spend time with or places where you feel less alone: \_\_\_\_\_
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- **Practice communicating your feelings.** Express in a respectful way how you are feeling so you do not stuff feelings inside. This helps you connect with others.
  - **Increase Your Meaningful and Pleasurable Activities.**
    - Routinely engage in meaningful and pleasant activities to increase your enjoyment.
    - When distressed, use pleasant activities to improve your mood.

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