MANAGING YOUR FEELINGS: Reducing Your Emotional Vulnerability

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 we 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:

❖ *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.