

P.L.E.A.S.E. to help regulate your emotions

	<p>Treat <u>P</u>hysical <u>I</u>llness</p>	<p>Being sick lowers your resistance to negative emotions. The healthier you can become, the better able you will be to regulate your emotions. If you are dealing with any health issue, it is important that you reach out to a doctor, even virtually.</p>
	<p>Balance <u>E</u>ating</p>	<p>Try to eat the amounts and kinds of foods that help your body feel good—not too much or too little. Both eating too much and excessive dieting can increase your vulnerability to emotion mind (when our behavior is overly influenced by emotion). When and how often you eat and your daily eating routine can be especially important.</p>
	<p><u>A</u>void Mood-Altering Substances</p>	<p>Alcohol and drugs, like certain foods, can lower resistance to negative emotions. Stay off illicit drugs. Use alcohol in moderation, if at all.</p>
	<p>Balance <u>S</u>leep</p>	<p>Try to get the amount of sleep that helps you feel good—not too much or too little (usually between 7 and 9 hours). Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.</p>
	<p>Get <u>E</u>xercise</p>	<p>Aerobic exercise, done consistently, is an antidepressant. In addition, a regular exercise schedule can build mastery. Do some sort of exercise 5 to 7 days per week. Try to build up to 20 minutes of exercise each time.</p>