

ABC PLEASE Overview

How to **increase** positive emotions
and
reduce vulnerability to Emotional Mind

Accumulating positive experiences

Build mastery

Cope ahead of time with emotional situations

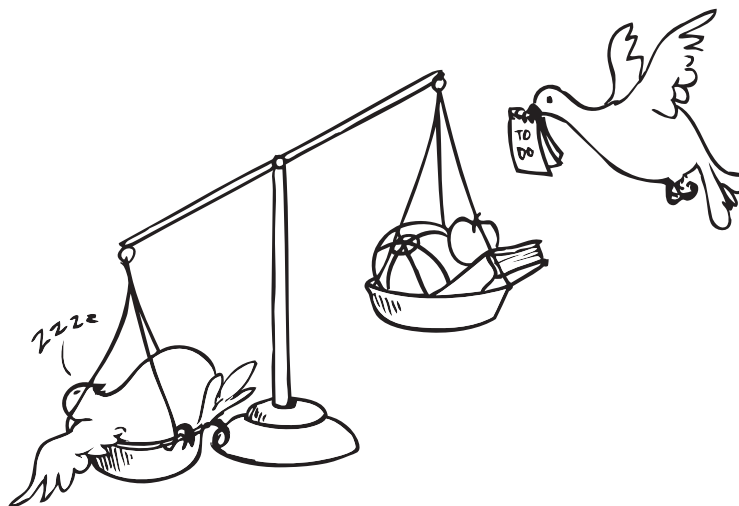
Treat **P**hysical **L** illness

Balance **E**ating

Avoid mood-altering drugs

Balance **S**leep

Get **E**xercise



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PLEASE Skills

Treat **P**hysical **L** 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!



Exercise!



Eat healthy foods!

Get rest!

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