

Reducing Vulnerability to Negative Emotion

A way to remember these skills is to remember the term "**HEAR ME**".

Treat **H**health

Balance **E**ating

Avoid Mood Altering Drugs (i.e. caffeine, alcohol, sugar, binge eating)

Rest (sleeping)

Mastery (Do something 20 minutes a day to feel competent.)

Exercise

Questions to consider:

Treat Health. Do you have aches and pains? Are you addressing them? When is the last time you had a checkup? Have you had a mammogram?

Balanced Eating. How often do you need to eat to feel your best? What do you need to eat to feel your best? Do you eat breakfast? What works for you? What doesn't?

Avoid Mood Altering Drugs. Do you consume caffeine? How does caffeine affect you? Do you consume alcohol? How do you feel after you drink?

Rest. How much sleep do you need? How do you feel when you sleep 6 hours? 8 hours? 9 hours? 10 hours? 12 hours? Do you feel tired a lot of the time? Do you have difficulty sleeping?

Mastery. Do something 20 minutes (or longer) to feel competent? Finish a project. Exercise. Knit. Acknowledge your competence. Feel good to have finished something. Feel good to have started something.

Exercise. How do you feel after exercising? How do you feel when you don't exercise? What exercise do you enjoy? What gets in the way of exercising?

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