

FEELING MANAGEMENT IDEAS

1. Getting Away Strategies:

- a. Leave the room, or close the door.
- b. Take a walk, or relaxing drive.

2. Physical Strategies

- a. Deep breathing
- b. Relaxation exercises
- c. Physical exercise (e.g., walking and running)
- d. "Count to 10", slow down
- e. Improve nutrition
- f. Get enough sleep

3. Distraction Strategies

- a. Engage in pleasurable activities or hobbies
- b. Re-focus on work at hand, structure day
- c. Visualize pleasant events (e.g., walking on beach)
- d. Listen to music, watch movie

4. People Strategies

- a. Call a friend to share feelings and ask for ideas
- b. Develop an assertive strategy to productively confront
- c. Schedule pleasant activity with a friend
- d. Learn to say "No"

5. Thinking Strategies

- a. Remind yourself feelings pass
- b. Notice your physical and emotional feelings and put words to them
- c. Focus on one thing at a time
- d. Use positive self-statements (e.g., I've handled this before, or I'm smart enough to figure this out)
- e. Use the Feeling and Behavioral Skills Records to explore alternative ways to think about the events and to respond.

What do you think you could do to better manage your difficult feelings?