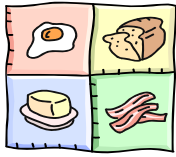


Emotion Regulation Handout 10

Be at Our Best to Deal with Emotions

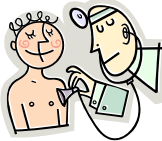
A good way to remember these skills is "BEST DEAL"



Balanced diet



Enough sleep and rest



See our doctors when needed



Time for self soothing activities



Daily medication



Exercise



Avoid mind altering drugs/substances

1-2-3-4-5-6-7-8-9-10



Learn to breathe and count our breaths

