

Reducing Vulnerability to Emotion Mind

Building a Life Worth Living

A way to remember these skills is to remember the term ABC PLEASE.

A : Accumulate +ve Emotions

Short Term: Do pleasant things that are possible now.
Long Term: Make changes in your life so that positive events will happen more often in the future. Build a “life worth living.”

B : Build Mastery

Do things that make you feel competent and effective to combat helplessness and hopelessness.

C : Cope Ahead of Time with Emotional Situations

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

PLEASE

Take Care of Your Mind by taking care of Your body
Treat **P**hysical illness, balance **E**ating,
avoid mood-**A**ltering substances,
balance **S**leep, and get **E**xercise.

In addition to the above, be outside once a day: does not have to be out for long but step out of the door for a few minutes. Interact with others once a day: possibly with someone you are not living with.