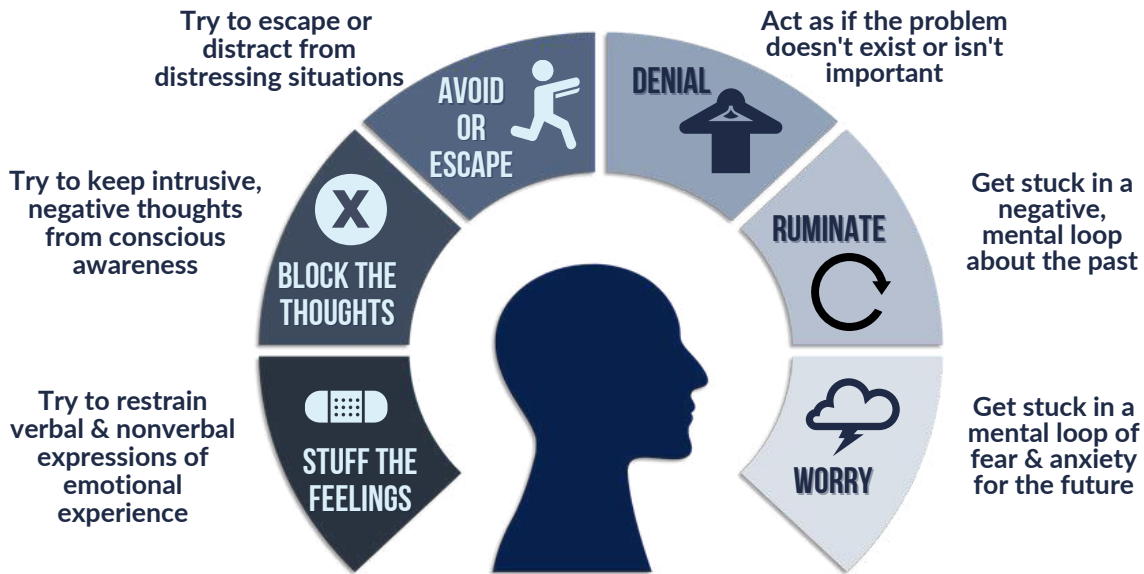


# MANAGING EMOTIONS

## WHAT WORKS? WHAT DOESN'T?

Some emotional regulation strategies make us feel worse in the long run:



Other strategies make us feel better and boost long-term wellbeing:



### THOUGHT QUESTIONS:

- What counterproductive strategies are you using to deal with difficult situations? How are you trying to stuff, block, avoid, or escape your stress? Are you ruminating or worrying too much?
- What would happen if you replaced each counterproductive strategy with a productive one?
- Which ones make the most sense for your situation?

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