

## **HANDOUT EMS-1**

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### ***TIPS FOR A HEALTHY LIFE STYLE***

- Try to get as much sleep as you need (most people need about eight hours a night).
- Establish as regular a sleep cycle as possible.
- Ensure that there is balance in your life — you need to balance obligations like work with rewarding leisure.
- Eat well and regularly — don't go to extremes and overeat, and don't diet to excess.
- Get regular physical activity — it promotes a feeling of well-being and will help you handle stress.
- Confront and deal with stressful situations so they don't get out of hand.
- Learn how to know when — and where — to get help if you are experiencing negative emotions like depression, anger, loneliness.

## HANDOUT EMS-2

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### ***CLAY'S EMOTIONAL ACHILLES HEEL***

**A**s a little boy, Clay was pale, thin, and built small. Other children made fun of him and he was often bullied. His self-consciousness and his efforts to show that he was tough were among the most important factors that led Clay into trouble with the law. His misery over his appearance was also a factor in his substance abuse — he started using drugs when he was very young, as a way of escaping from ridicule.

One of the rehabilitation programs Clay attended when he was about 20 included a focus on fitness, and through the program Clay started lifting weights. He became very good at it and his appearance changed. For the last five years, he's looked fit and strong. He kept up his work with weights even when he was doing coke.

Recently, Clay has been very busy. He's on probation, has a part-time job in a fast-food restaurant, and he's a volunteer at a soup kitchen. For the first time, he feels needed and important — so much so that he's spending almost all of the time he's not at the restaurant at the soup kitchen. He hasn't worked out for about six months now, because helping seems more important.

One day, he overhears two homeless men at the soup kitchen talking about him. "Which one is Clay?" one of them asks the other. "Oh you know — the little blondie" the other replies. "The one that looks like a skinny little girl?" the other says. "Yeah, that's Clay" is the response.

Clay is embarrassed to find that he's close to tears. And he really wants to score some drugs.

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## **HANDOUT EMS-3**

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### ***EMOTION MANAGEMENT GUIDELINES***

- 1.** Develop a healthy lifestyle.
  
- 2.** Identify your own emotional Achilles heel. Take steps to resolve it and develop work-arounds until it's resolved.
  
- 3.** Monitor to recognize your own emotions in their early stages.
  
- 4.** Use problem solving skills to deal with the emotion before it gets out of control.
  
- 5.** If emotional level becomes very high
  - Use distancing methods to create a pause and cool down
  - Use self-talk and visualization to build a positive state of mind
  - Then use problem-solving skills.
  
- 6.** Regularly practice distancing and positive-thinking techniques when you're not under stress, so that you can use them effectively when you are.

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## **WORKSHEET EMS-4**

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### ***PREPARING TO DEVELOP YOUR OWN STRATEGY***

1. Use the chart below to help you plan how to develop a healthy lifestyle.

<b>Life Style Factor</b>	<b>Assessment</b>	<b>Steps to Take</b>
<b>SLEEP:</b> <ul style="list-style-type: none"><li>- Do I get enough sleep?</li><li>- Is my sleep cycle regular?</li></ul>		
<b>LIFE STYLE:</b> Do I have a balance between work and play?		
<b>FOOD:</b> Do I eat well? Do I go to extremes?		
<b>EXERCISE:</b> Do I get enough physical activity?		
<b>STRESS:</b> Do I deal with stress, or ignore it?		



- 2.** Use the chart below to help you identify and plan how to deal with your emotional Achilles heel.

What is my emotional Achilles Heel?	What steps should I take to resolve it?	Are there any "work-arounds" I can use until I resolve it?

- 3.** Answer the questions below to help get you started on monitoring your emotions in their early stages. To answer these questions, you'll probably need to think back to times in the past when you've been upset.

- a. What kind of physical sensations do I experience when I'm getting upset? *(For example, tense muscles? Dry mouth? Clenched teeth? Headache? Lump in throat? Feel like crying? Clenched fists? Nausea? Sweaty?)*

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- b. Is there a consistent pattern my emotions follow when I'm upset? *(For example, first get angry and then depressed? Or first want to quit and then want to drink? Or first get angry at someone else, and then blame myself?)*

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