Emotion Regulation Skills

P.L.E.A.S.E.

The health of your body and mind are well connected. An unhealthy body can contribute to difficulty managing emotions. The following acronym can help you remember core skills of managing your health in order to manage your emotions.

<table>
<thead>
<tr>
<th>PL</th>
<th>Treat Physical Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>E</td>
<td>Eat Healthy</td>
</tr>
<tr>
<td>A</td>
<td>Avoid Mood-Altering Drugs</td>
</tr>
<tr>
<td>S</td>
<td>Sleep Well</td>
</tr>
<tr>
<td>E</td>
<td>Exercise</td>
</tr>
</tbody>
</table>

Paying Attention to Positive Events

It is often natural or common to pay attention to negative aspects of our lives versus good/positive things. Sometimes we pay attention to criticism more than compliments.

If you find yourself focusing on various negative aspects of your experiences, try to stop, take a deep breath, and focus on the positive. You can practice this by doing a small positive activity daily and take time to acknowledge the good in it (even if it doesn’t go exactly like you hoped for). Focus on the strengths of that moment, and don’t let minor problems ruin it.

Adding one or two positive activities a day or week will help create more happiness over time. Below are some examples of quick positive activities you can practice:

<table>
<thead>
<tr>
<th>Visit your roommate, close friend, or family member.</th>
<th>Go for a walk, jog, or bike ride.</th>
<th>Watch your favorite movie or TV show.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color or draw; engage yourself in art.</td>
<td>Listen to music without doing anything else but listen.</td>
<td>Go have a picnic at a park or the beach.</td>
</tr>
<tr>
<td>Try a new hobby: something you’ve never tried before.</td>
<td>Read a book, comic book, newspaper, journal article, etc.</td>
<td>Have your favorite meal without any distractions.</td>
</tr>
</tbody>
</table>

Adapted from: TheraAid.com
**Opposite Action**

When you experience an emotion, there may be a behavior that follows it. Our bodies react to emotions or feelings in specific ways. For example, if you are angry, you might fight or argue; if you are sad, you might isolate or withdraw.

Doing the *opposite action* can help us change our emotions. If our immediate reaction is to yell when we are angry/frustrated, try to talk in a calm or quiet tone. If you withdraw when you are sad, make a point to visit a friend next time you feel this way.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Action</th>
<th>Opposite Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear</td>
<td>Avoid/Run away</td>
<td>Approach: go anyway and participate fully</td>
</tr>
<tr>
<td>Anger</td>
<td>Attack</td>
<td>Gently avoid, be kind, see their perspective</td>
</tr>
<tr>
<td>Sadness</td>
<td>Isolate/Withdraw</td>
<td>Be with others, increase activity</td>
</tr>
</tbody>
</table>

**Check the Facts**

Sometimes our reactions to certain events or situations can lead to extreme emotions. Maybe there is a time you noticed something that once felt like a huge deal, when in reality it was not as important. You can *check the facts* in the immediate moment to help decrease the intensity of emotions.

Ask yourself the following questions to check the facts:

1. What situation/experience/event triggered my emotion?
2. What interpretation (thoughts/beliefs) or assumptions am I making about the situation/event?
3. Does my emotion and its intensity match the facts of the situation? Or does it match my assumptions of the situation?
Manage difficult emotions by “Acting Opposite”
Examples of Opposite Action

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Opposite Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear</td>
<td>If it is safe…</td>
</tr>
<tr>
<td></td>
<td>- Approach events, places, tasks, activities, people you are afraid of</td>
</tr>
<tr>
<td></td>
<td>- Do what you are afraid of doing over and over again</td>
</tr>
<tr>
<td></td>
<td>- Practice activities that give you a sense of control</td>
</tr>
<tr>
<td></td>
<td>- When overwhelmed, make a list of small steps or tasks you can do. Take one small step at a time</td>
</tr>
<tr>
<td>Guilt or Shame</td>
<td>- Apologize as needed; practice saying “sorry”</td>
</tr>
<tr>
<td></td>
<td>- Explore how to make things better; do something nice for a person you offended</td>
</tr>
<tr>
<td></td>
<td>- Commit to avoiding the same mistake in the future</td>
</tr>
<tr>
<td></td>
<td>- Accept the consequences with kindness</td>
</tr>
<tr>
<td></td>
<td>- Let it go</td>
</tr>
<tr>
<td></td>
<td>- Accept the outcome, approach the feeling, and release the feeling</td>
</tr>
<tr>
<td>Sadness or Depression</td>
<td>- Get active: go for a walk/jog/run; play your favorite sport</td>
</tr>
<tr>
<td></td>
<td>- Approach the feeling, do not avoid it.</td>
</tr>
<tr>
<td></td>
<td>- Do things that make you feel competent and increase self-confident</td>
</tr>
<tr>
<td></td>
<td>- Do things that make you happy, make you smile, or bring joy to your life</td>
</tr>
<tr>
<td></td>
<td>- Identify and highlight your strengths</td>
</tr>
<tr>
<td>Anger</td>
<td>- Gently remove yourself from the environment or away from the person you are angry with versus yelling/arguing with them</td>
</tr>
<tr>
<td></td>
<td>- Avoid dwelling or ruminating on the situation</td>
</tr>
<tr>
<td></td>
<td>- Do something nice rather than being rude, mean, or passive-aggressive</td>
</tr>
<tr>
<td></td>
<td>- Imagine sympathy and empathy for other person instead of blame</td>
</tr>
</tbody>
</table>
### STOPP Worksheet

<table>
<thead>
<tr>
<th>Notice the negative, intrusive, distressing: thought/image/trigger/memory</th>
<th>Identify alternative, healthier, neutral/positive responses or beliefs. What would you tell a friend? What has worked in the past? What can you do in this moment?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stop</strong></td>
<td></td>
</tr>
<tr>
<td>• Pause for a moment</td>
<td></td>
</tr>
<tr>
<td>• Notice your body/experience</td>
<td></td>
</tr>
<tr>
<td>• Put some space between yourself and the trigger</td>
<td></td>
</tr>
<tr>
<td><strong>Take a Breath</strong></td>
<td></td>
</tr>
<tr>
<td>• Notice your breathing as you inhale and exhale</td>
<td></td>
</tr>
<tr>
<td>• Focus on your breath</td>
<td></td>
</tr>
<tr>
<td>• Breathing deeply will decrease the intensity of the emotion</td>
<td></td>
</tr>
<tr>
<td><strong>Observe</strong></td>
<td></td>
</tr>
<tr>
<td>• Notice what thoughts are flowing through your mind</td>
<td></td>
</tr>
<tr>
<td>• What are you reacting to?</td>
<td></td>
</tr>
<tr>
<td>• Identify and notice sensations in your body.</td>
<td></td>
</tr>
<tr>
<td>• Notice any feelings that are triggered.</td>
<td></td>
</tr>
<tr>
<td><strong>Pull back/Perspective</strong></td>
<td></td>
</tr>
<tr>
<td>• What's the bigger picture?</td>
<td></td>
</tr>
<tr>
<td>• How else can you look at this situation?</td>
<td></td>
</tr>
<tr>
<td>• Is the thought a fact or opinion/judgement/label?</td>
<td></td>
</tr>
<tr>
<td>• What is a more realistic explanation or thought?</td>
<td></td>
</tr>
<tr>
<td>• How significant is this right now? Will it matter 6 months from now?</td>
<td></td>
</tr>
<tr>
<td>• Remind yourself: It will pass.</td>
<td></td>
</tr>
<tr>
<td><strong>Practice what works</strong></td>
<td></td>
</tr>
<tr>
<td>• What can I do right now that is best for myself, others or the current situation?</td>
<td></td>
</tr>
<tr>
<td>• Find a balance.</td>
<td></td>
</tr>
</tbody>
</table>
**Online Resources**

Center for Mindfulness in Medicine, Health Care, and Society

[umassmed.edu/cfm](http://umassmed.edu/cfm)

Mayo Clinic Stress Reduction Website

[mayoclinic.com/health/mindfulness-exercises/MY02124](http://mayoclinic.com/health/mindfulness-exercises/MY02124)

Meditation Oasis

[meditationoasis.com](http://meditationoasis.com)

Mindful

[mindful.org](http://mindful.org)

UC San Diego Center for Mindfulness

[health.ucsd.edu/specialties/mindfulness](http://health.ucsd.edu/specialties/mindfulness)

**Apps for your Smartphone, Tablet, or Computer**

ACT Coach

Breathe2relax

Breathing Techniques by Hemalayaa

CBTi-Coach

Mindfulness Coach

Mindshift

T2 Mood Tracker

Take a break!
CSUF Counseling and Psychological Services: (657) 278-3040

Free, confidential services to CSUF students.

Walk in and urgent appointments available Monday-Friday 8 a.m.-5 p.m.

Hours: Monday - Friday, 8 a.m. – 5 p.m. Closed on weekends.

After-hours support; ProtoCall available anytime after 5 p.m., Weekends, and Holidays

CSUF University Police: (657) 278-2515

Available 24 hours per day, 7 days per week, including evenings and weekends.

Local Emergency Facilities

St. Jude Medical Center – (approximately 3.7 miles)
101 E. Valencia Mesa Dr.
Fullerton, CA 92835
(714) 871-3280; stjudemedicalcenter.org

Placentia Linda Hospital – (approx. 3.7 miles)
1301 N Rose Dr.
Placentia, CA 92870
(714) 993-2000; placentialinda.com

Kaiser Permanente – (approx. 7 miles)
411 N. Lakeview Ave.
Anaheim, CA 92807; kp.org

Crisis Hotlines:

1-800-273-TALK (8255)
1-800-SUICIDE (784-2433)

OC Warm Line: (714) 991-6412; 1-877-910-WARM (9276)

Suicide Prevention Center of Los Angeles (1-877-727-4747)

Suicide Prevention Center of Riverside County: (951- 686-4357)

Veterans Crisis Line (1-800-273-8255, press 1).
The following are some agencies in Orange County that provide sliding scale services:

**Fullerton Area**

**O.M.I.D. Multicultural Institute for Development**
2601 E. Chapman Ave., Suite 116  
Fullerton, CA 92831  
714-526-6643  
http://www.omidinstitute.org/

4199 Campus Drive, Suite 550  
Irvine, CA 92612  
949-725-2214

A full-service family enrichment center dedicated to enhancing the quality of life for individuals and families. Services provided include: behavioral health, counseling, Islamic counseling, Veteran’s services, groups, workshops, case management, life skills training, psychiatric, psychological assessment and testing services. Counseling services are available in the following languages: English, Spanish, Farsi, Dari, Armenian, Turkish, Arabic, French, Vietnamese, Mandarin, Korean. Some HMOs accepted, all PPOs accepted. A sliding scale fee is available for those who qualify. The student rate is $25 per session.

**Shiloh Community Counseling Center**
101 S. Kramer Blvd., Suite 122  
Placentia, CA 92870  
714-223-1601

Sliding scale available. Individual, family, and groups (dependent on needs). Counseling is provided by Marriage and Family Therapist Interns. It is open Monday thru Friday 9 a.m. – 8 p.m. and Saturday by appointment only. There is a one-time $35 for the first-appointment.

**City of Brea Family Resource Center**
695 E. Madison Way  
Brea, CA 92821  
714-990-7150  
www.breafr.com

Sliding scale available: Brea Residents: $15-25, Non Brea: $25-35, CSUF Students: $10. Individual, family, couples, children and group counseling services provided. Counseling is provided by Marriage and Family Therapist Interns. It is open Monday thru Thursday 9 a.m. – 6 p.m. and Friday 9 a.m. – 5 p.m.

**The Gary Center**
341 South Hillcrest Street  
La Habra, CA 90631  
(562) 691-3263
Provides free emergency crisis counseling. Family, individual, and group counseling services offered. In addition substance abuse programs (state certified and probation approved 38 week program) and parent education program (24 week court ordered or voluntary) are available. Services are offered on a sliding scale fee starting at $25.

**Anaheim Harbor Family Resource Center**
819 South Harbor Boulevard
Anaheim, CA 92805
(714) 399-0590

Their mission is to “provide a comprehensive array of social, educational, and health services that will empower families and children with the necessary skills to increase self-sufficiency and confidence resulting in optimal academic and social success.” Counseling services are available, including USC Telehealth ([http://usctelehealth.com/](http://usctelehealth.com/)) an online therapy service that may be free for qualified individuals.

**F.A.C.E.S.**
1651 East Fourth St., Suite 128 721 W. Kimberly Ave
Santa Ana, CA 92807 Placentia CA 92870
714-547-7345 714-993-2237

30011 Ivy Glenn Dr., Suite 218 1015 E. Chapman Ave., Ste. A
Laguna Niguel, CA 92677 Fullerton, CA 92831
714-447-9024

[www.facescal.org](http://www.facescal.org)

Locations also in Santa Ana, Fullerton, Placentia, and Laguna Niguel. All FACES programs focus on the needs of the family and helping the child after divorce or separation. Programs include: The Family Preservation, Counseling services, The BACK & FORTH CHILD, groups for single parents and their children, COMMON GROUND, Monitored visits, safe visits, Supervised exchanges, Transitions and Parent/Child relationship Building. Educational Institute: Training and Public Education regarding domestic violence prevention and intervention.

**Frances Smith Center for Individual and Family Therapy**
501 W. Palm (Crean Building on Chapman campus)
Chapman University
Orange, CA 92866
714-997-6746

Counseling services include individuals, couples, families, and children and are provided by graduate students. Fees are established according to a sliding scale, based on the individual or family’s monthly gross income (employment, unemployment, disability, SSI/SSA, worker’s compensation, alimony/child support, etc.). Fees may range from $10.00 to $60.00 per
These fees cover only a small portion of the cost of providing services. Payment is due at the time of the session, cash or check only. The Center has a 24-hour cancellation policy or the full fee will be charged for the late cancellation. An assessment will be conducted over the phone to determine eligibility for services.

**Argosy University**
601 South Lewis Street, Suite 302
Orange, CA 92868
714-620-3810
AUTAPS@gmail.com

Provides individual, couple, and family counseling and assessments for individuals 18 and older. Fees are from $5-50 per session, based on monthly income. For psychological testing and learning disorder assessment, the sliding fee is $100-$500. There are no limits to the number of sessions. All therapists have either a Master’s degree in clinical or counseling psychology. The therapists are currently completing their Psy.D. degrees and are supervised by licensed clinical psychologists.

**Hope Counseling Center**
2400 E. Katella Avenue, Suite 900
Anaheim, CA 92806
714-879-3901 ext. 1266
http://www.hiu.edu/hcc/

To make an appointment, please call and leave a message. Your calls will be returned within 24 hours. After the initial intake you will be assigned to a counselor to help you with your unique needs. HCC has a standard office fee for counseling services. A sliding scale fee is available based on family income for those who are unable to afford the full fee. Counseling services may be provided by Masters level students or a non-licensed clinician under the supervision of a licensed clinician.

**Mariposa Women and Family Center**
812 West Town & Country Road
Orange, CA 92868
714-547-6494
http://www.mariposacenter.org

Mariposa Women and Family Center provides high quality, low cost mental health and substance abuse counseling, life skills, and supportive services to women and families. Services provided are: parenting skills, anger management, bereavement groups, outpatient substance use treatment (women & adolescents), women’s eating disorder process group, trauma group, friends and family addict support group. Fees start at $15 per session and are dependent on income.
Family Enrichment Center

Ronald Zishka, Ph.D.
760 N. Euclid, #108
Anaheim, CA 92801
714-758-1884

Individual, family, and couples counseling services available. Areas identified as specialties include: abuse, domestic violence, trauma, PTSD, acculturation issues, LGBT population. All therapists are licensed a minimum of two years. Fees payable by cash, credit, check. Insurance is accepted from most major carriers. A sliding scale fee is available for those who qualify.

Straight Talk
5712 Camp Street
Cypress CA 90630
714-828-2000
http://www.straighttalkcounseling.org

Program provides mental health counseling for families, individuals, and groups. Among the groups offered are Adult Anger Management, Teen Anger Management, and Parenting Classes. There is a $25 intake fee. Services are on a sliding scale ranging from $20-$95.

Irvine Area

Pepperdine University Counseling Center
1811 Von Karman Avenue, Suite 401
Irvine, CA 92612
949-223-2570
http://gsep.pepperdine.edu/clinics

Services are provided by Pepperdine’s master and doctoral level interns and include individual, couples, and family counseling. A brief over the phone assessment in conducted. Sliding scale fees are available. Additional locations are in West Los Angeles and Encino. (Note: Clinic closed last 3 weeks of August).

Chicago School of Professional Psychology Community Counseling Center
4199 Campus Drive., Suite E
Irvine, CA 92612
949-769-7700
www.counseling.tcscenters.org

Services are provided by Psy.D. interns and includes individual, couples, family, and court mandated programs. Sliding scale fees are available starting with an intake ($50 initial fee) and counseling from $15 and up.
The Mental Health Center at Hoag
1501 Superior Avenue, Suite 311
Newport Beach CA 92658
949-764-6542
http://www.hoag.org/WhyHOAG/Pages/HoagPrograms/Mental-Health-Services.aspx

The mental health and psychotherapy program provides services on a low sliding scale to the surrounding community. There is an additional one time intake fee. No one will be turned away due to lack of funding. Services include family, couple and individual counseling and are provided by a team of bilingual and bi-cultural psychotherapist who hold Master’s degrees in Social Work, Licensed Clinical Social Workers or Master’s in Social Work Interns. Services are available in English, Spanish and Farsi.

Turning Point Center for Families
2101 E. Fourth Street, Suite 150B
Santa Ana, CA
714-547-8111
www.turningpointsantaana.org

A non-profit, bi-lingual counseling center that provides counseling services to youth, individuals, couples, groups, and families. The center offers affordable fees based on a sliding scale starting at $25. Income verification may be required. Counseling services may be provided by Masters level students, under the supervision of a licensed clinician.