

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.

PL	Treat Physical Illness
E	Eat Healthy
A	Avoid Mood-Altering Drugs
S	Sleep Well
E	Exercise

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:

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



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.

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

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

Fear	<p>If it is safe...</p> <ul style="list-style-type: none"> ▪ Approach events, places, tasks, activities, people you are afraid of ▪ Do what you are afraid of doing over and over again ▪ Practice activities that give you a sense of control ▪ When overwhelmed, make a list of small steps or tasks you can do. Take one small step at a time
Guilt or Shame	<ul style="list-style-type: none"> ▪ Apologize as needed; practice saying “sorry” ▪ Explore how to make things better; do something nice for a person you offended ▪ Commit to avoiding the same mistake in the future ▪ Accept the consequences with kindness ▪ Let it go ▪ Accept the outcome, approach the feeling, and release the feeling
Sadness or Depression	<ul style="list-style-type: none"> ▪ Get active: go for a walk/jog/run; play your favorite sport ▪ Approach the feeling, do not avoid it. ▪ Do things that make you feel competent and increase self-confident ▪ Do things that make you happy, make you smile, or bring joy to your life ▪ Identify and highlight your strengths
Anger	<ul style="list-style-type: none"> ▪ Gently remove yourself from the environment or away from the person you are angry with versus yelling/arguing with them ▪ Avoid dwelling or ruminating on the situation ▪ Do something nice rather than being rude, mean, or passive-aggressive ▪ Imagine sympathy and empathy for other person instead of blame

STOPP Worksheet

<p>Notice the negative, intrusive, distressing: thought/image/trigger/memory</p>	<p>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?</p>
<p>Stop</p> <ul style="list-style-type: none"> ▪ Pause for a moment ▪ Notice your body/experience ▪ Put some space between yourself and the trigger 	
<p>Take a Breath</p> <ul style="list-style-type: none"> ▪ Notice your breathing as you inhale and exhale ▪ Focus on your breath ▪ Breathing deeply will decrease the intensity of the emotion 	
<p>Observe</p> <ul style="list-style-type: none"> ▪ Notice what thoughts are flowing through your mind ▪ What are you reacting to? ▪ Identify and notice sensations in your body. ▪ Notice any feelings that are triggered. 	
<p>Pull back/Perspective</p> <ul style="list-style-type: none"> ▪ What's the bigger picture? ▪ How else can you look at this situation? ▪ Is the thought a fact or opinion/judgement/label? ▪ What is a more realistic explanation or thought? ▪ How significant is this right now? Will it matter 6 months from now? ▪ Remind yourself: It will pass. 	
<p>Practice what works</p> <ul style="list-style-type: none"> ▪ What can I do right now that is best for myself, others or the current situation? ▪ Find a balance. 	



Online Resources

Center for Mindfulness in Medicine, Health Care, and Society

umassmed.edu/cfm

Mayo Clinic Stress Reduction Website

mayoclinic.com/health/mindfulness-exercises/MY02124

Meditation Oasis

meditationoasis.com

Mindful

mindful.org

UC San Diego Center for Mindfulness

health.ucsd.edu/specialties/mindfulness

Apps for your Smartphone, Tablet, or Computer

ACT Coach — Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding/being controlled by them. Learn exercises, tools, information, and practice with tracking logs.

Breathe2relax — Stress management tool provides detailed information on the effects of stress on the body with practice exercises to help you learn a stress management skill called ‘diaphragmatic breathing’.

CBTi-Coach — Learn the process of sleep, positive sleep routines, and improve sleep environments. This structured program will teach strategies to improve sleep and help alleviate symptoms of insomnia.

Mindfulness Coach — Learn how to reduce stress, improve emotion regulation, increase self-awareness, manage anxiety/depression, and cope with chronic pain through the practice of Mindfulness.

Mindshift — Learn skills to manage everyday anxiety. Develop helpful ways of thinking and learn tools to tackle: Sleep, Intense Emotions, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

T2 Mood Tracker — Monitor and rate your mood on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being) or build your own custom scale. The ratings will be displayed on graphs to help you track your mood over time.

Take a break! — Enjoy and learn the deep relaxation, stress relief and benefits of meditation. Choose from two audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), and listen with or without music/nature sounds.



Santa Ana College Off-Campus Resources

Crisis Contacts/Hotlines

In the event of an emergency, contact **campus safety (714) 564-6330 or dial 911**

- **Suicide Prevention 24-Hour Lifeline**
(800) 273-8255
- **Orange County 24-Hour Crisis Hotline**
(877) 727-4747
- **Sexual Assault/Rape Crisis Hotline**
(800) 656-4673 or (714) 957-2737
- **National Alliance On Mental Illness (NAMI) Warmline for emotional support**
(714) 991-6412
*Live Chat available through www.namio.org/oc-warmline
- **National Drug/Alcohol Abuse Hotline**
(800) 662-4357
- **National Domestic Violence Hotline**
(800) 799-7233
*Live chat available through www.thehotline.org
Orange County: (714) 992-1931
- **LGBT National Help Center**
(888) 843-4564 ; <http://www.glnh.org>
- **24-Hour Information and Helpline**
2-1-1 or (888) 600-4357
Free or low cost health and human service programs in OC
www.211oc.org
- **24/7, Free and Confidential Crisis Text Line:**
Text "COURAGE" to 741741
- **OC Links Information and Referral Line**
(855) 625-4657

Family/Child Based Services

- **Catholic Charities of Orange County Santa Ana**
(714) 347-9600
Social services to families, children, and seniors
- **Child Guidance Center – Santa Ana**
(714) 953-4455 – www.cgcoc.org
- **Families and Communities Together (FaCT) Orange** (714) 566-2878
www.factoc.org
Counseling, family advocacy/case, family health & wellness, adoption support
Santa Ana (714) 480-3737
- **Family Enrichment Center – Anaheim**
(714) 758-1884
- **Mariposa Counseling Center -Orange**
(714) 547-6494 www.mariposacenter.org
Low cost mental health/substance abuse services, life skills, and support services
- **Orangewood Children's Home – Orange**
(714) 935-7584 www.orangewoodfoundation.org
Foster & Youth community services

Housing/Food/Community

- **Abrazar, Inc. - Westminster**
(714) 893-3581 www.abrazarinc.com
Computer classes, food, transportation, English literacy
- **Access California Services – Anaheim**
(714) 917-0440 www.accesscal.org
- **Community Action Partnership of Orange County – Garden Grove**
(714) 897-6670
- **Homeless Shelters:**
www.homelessshelterdirectory.org
Santa Ana Hospitality House – Salvation Army
(714) 542-9576
Thomas House Temporary Shelter – Santa Ana
(714) 554-0357
Mercy House – Santa Ana
(714) 836-7188
Orange County Rescue Mission – Tustin
(714) 247-4300
WISEPlace for Women Shelter – Santa Ana
(714) 542-3577
Grandma's House of Hope – Women and Children
(714) 833-5333
- **Illumination Foundation – Stanton**
(714) 507-2459 - www.ifhomeless.org
Housing, case management, workforce development, medical & tutoring programs
- **Second Harvest Food Bank of Orange County**
(949) 653-2900 - Irvine

Psychotherapy/Counseling

- **Argosy University Therapeutic Assessment & Psychological Services - Orange**
(714) 620-3810
- **CARE Counseling Center – Santa Ana/Anaheim**
(714) 836-9900
- **Chapman University Community Clinic – Orange**
(714) 997-6746
- **Community Counseling & Supportive Services**
(714) 645-8000
- **Community Counseling St. Joseph Hospital**
(714) 771-8243
- **FACES (Medi-Cal)**
(714) 447-9024
- **Mental Health Association of Orange County**
(714) 547-7559
- **Vista Community Clinic (Medi-Cal)**
(844) 308-5003
- **Medi-Cal Phone Support: (800) 541-5555**
OC: (800) 281-9799
LA: (626) 569-1399
- **CalOptima Behavioral Health**
Line: (855) 877-3885

Santa Ana College Off-Campus Resources

Substance Use

- **Alta Institute Inc. – Fullerton**
(714) 680-0241
- **OC Healthcare Agency – Santa Ana**
(714) 480-6660
- **Directory of Sober Living Homes:**
www.soberhousing.net
- **Orange County AA directory:**
www.oc-aa.org
- **Phoenix House – Santa Ana**
(714) 953-9373

Career & Education

- **Orange County Conservation Corps – Anaheim**
(714) 956-6222 ; www.hireyouth.org
*Job training and education program for young adults
- **Orange County One-Stop**
(714) 565-2600 www.oconestop.com
*Job search assistance, employment workshops/resources
- **Santa Ana W/O/R/K Center (Work, Opportunity Resources, Knowledge)**
(714) 565-2668

Health-Based Resources

- **Hurttt Family Health Clinic – Tustin/Santa Ana**
(714) 247-0300
www.hurtttclinic.org
- **Orange County Dental & Health Care Agency Clinic**
(800) 564-8448
- **Obria Medical Clinics (Women Wellness) Orange**
(714) 516-9045
- **Planned Parenthood of Orange County Santa Ana** (714) 922-4100
Find a Center: (800) 230-7526
www.plannedparenthood.org
- **Share Ourselves (SOS) – El Sol Wellness Centers Santa Ana** (949) 270-2100
www.shareourselves.org
Low cost health care services, pharmacy services, behavioral health, and women's health.

Specific Populations

- **Caregiver Resource Center – Fullerton**
(714) 446-5030 – www.caregiveroc.org
- **Domestic Violence Shelters in O.C.**
Laura's House: (949) 498-1511
Interval House: (714) 891-8121
Women's Transitional Living (714) 992-1931
- **Human Options Counseling Center – Domestic Violence Survivor - Santa Ana**
(714) 480-3737
- **Orange County Asian and Pacific Islander Community Alliance (OCAPICA) – Garden Grove**
(714) 636-9095 www.ocapica.org
- **Domestic Violence Assistance Program**
(714) 935-7956
- **Southern California Indian Center – Fountain Valley – (714) 962-6673**
Assistance to American Indians, native Alaskans, and Native Hawaiians
- **The Center Orange County (LGBTQ) – Santa Ana**
(714) 953-5428
- **OC ACCEPT (LGBTQ)**
(714) 645-8000
- **OC4Vets**
(714) 480-6476
www.ochealthinfo.com/oc4vets
- **VA Clinic – Santa Ana**
(714) 434-4600
- **Women, Infants, & Children (WIC) Supplemental Nutrition Program – Santa Ana**
(888) 942-2229

Financial & Legal

- **Consumer Credit Counseling Service of Orange County**
(800) 550-1961
www.greenpath.com/cccsoc/
Financial education & counseling
- **Community Legal Aid SoCal**
(800) 834-5001
Legal needs for low-income
- **Orange County Legal Aid**
- **Public Law Center – Santa Ana**
(714) 541-1010
Low income legal services
- **WHW – employment support services**
(949) 631-2333 ; www.whw.org



BEHAVIORAL HEALTH FROM COMMUNITY CLINICS

Name	Address	City	Phone Numbers
VNCOC Southland Health Center	9863 Chapman, Suite B	Garden Grove	714-418-2040
VCC: The Gary Center Substance Abuse Counseling Center	1525 E. 17 th Street, Suite B	Santa Ana	714-542-0400
VCC: The Gary Center	201 S. Harbor Blvd.	La Habra	562-264-6000
UCI Family Health Center	300 W. Carl Karcher Way	Anaheim	714-491-9804
	800 N. Main Street	Santa Ana	714-480-2443
St Jude Neighborhood Health Center	731 S. Highland Ave	Fullerton	714-446-5100
SOS-El Sol Wellness Center	1014 N. Broadway	Santa Ana	949-270-2160
SOS Community Health Center	1550 Superior Ave	Costa Mesa	949-270-2100
Nhan Hoa Comprehensive Health Center	7761 Garden Grove Blvd.	Garden Grove	714-898-8888
KCS Health Center	7212 Orangethorpe Ave, Suite 9A	Buena Park	714-503-6550
Hurttt Family Health Center	One Hope Drive	Tustin	714-247-0300
	1100 N. Tustin Ave	Santa Ana	
Central City Community Health Center	2237 W. Ball Road	Anaheim	714-490-2750
	12511 Brookhurst St, 2 nd Floor	Garden Grove	714-643-7176