

**HANDOUT 4H**

**Skills for Managing Emotions**

Practice each skill listed below at least once in the next 7 days. After you practice the skill, answer the questions below.

Skill	Date you practiced skill	How helpful was it to use the skill?	What was helpful or not helpful about this skill?	What (if anything) made it hard to use the skill?
Take a Break		0 = not at all 1 = a little 2 = a lot		
S-T-O-P		0 = not at all 1 = a little 2 = a lot		
Self-Care		0 = not at all 1 = a little 2 = a lot		
Reframing Thoughts		0 = not at all 1 = a little 2 = a lot		
Mindful Breathing		0 = not at all 1 = a little 2 = a lot		