WORKSHEET 77 · FOR THE PSYCHOLOGIST

Looking after my body to be overwhelmed less

Reducing emotional vulnerability in daily life

AIM

Help the person spot the physical factors that make them more vulnerable to intense emotions (sleep, food, illness, substances, physical activity) and put small protective habits in place.

WHO IT IS FOR

Intense, changeable emotions, irritability, frequent crises.

DURATION

15 min in session; follow-up over two weeks

HOW TO RUN IT

1. Explain that a tired, hungry or ill body reacts more strongly to emotions.
2. Review five areas: health, food, alcohol and drugs, sleep, physical activity.
3. Choose one or two small, realistic changes.
4. Track them every day with the table on page 2.

POINTS TO WATCH

> Don’t present these habits as the answer to everything or make the person feel guilty. If there is significant substance use or an eating disorder, refer to appropriate help.

REFERENCES

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

Harvey, A. G. (2002). A cognitive model of insomnia. Behaviour Research and Therapy, 40(8), 869-893.

PSYCHOLOGIST’S NOTES

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WORKSHEET 77 · WORKSHEET TO HAND OUT

Looking after my body to be overwhelmed less

When we sleep badly, skip meals or are ill, emotions overflow more quickly. Looking after your body is a simple way of protecting your emotional balance.

1. Health: I look after what needs looking after (doctor, treatment).
2. Food: regular meals.
3. Alcohol and drugs: I limit what destabilises my emotions.
4. Sleep and movement: regular times and some activity every day.

Day	Sleep (h)	Regular meals? (yes/no)	Physical activity	Emotions /10

Which small change helps my mood most?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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