

**Overview:
Reducing Vulnerability to Emotion Mind—
Building a Life Worth Living**

A way to remember these skills is to remember the term **ABC PLEASE**.

ACCUMULATE POSITIVE EMOTIONS

A

Short Term: Do pleasant things that are possible now.

Long Term: Make changes in your life so that positive events will happen more often in the future. Build a “life worth living.”

BUILD MASTERY

B

Do things that make you feel competent and effective to combat helplessness and hopelessness.

**COPE AHEAD OF TIME
WITH EMOTIONAL SITUATIONS**

C

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

**PLEASE
TAKE CARE OF YOUR MIND
BY TAKING CARE OF YOUR BODY**

PLEASE

Treat Physical illness, balance Eating, avoid mood-Altering substances, balance Sleep, and get Exercise.