

May is Mental Health Month

Use reason to manage your emotional reactions



ASK YOURSELF:

1

How do I feel about this situation?

2

What do I think I should do about it?

3

What effect would that have for me and others?

4

Does this action fit with my values?

5

If not, what else could I do that might fit better?

6

Is there anyone else who could help me?

You can change how you feel and react to different situations. The key is to recognize your emotions, understand why they are making you feel that way and apply reason to regulate your emotional response. Find additional information and resources at MagellanHealthcare.com/Mental-Health-Month.