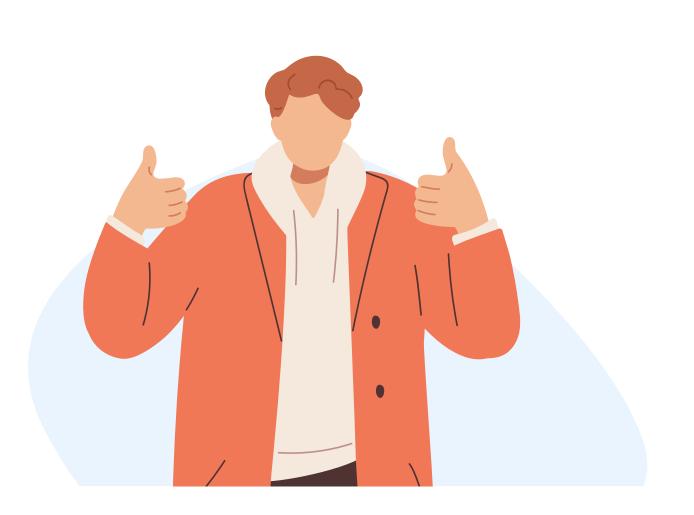
Exercise sheet

I CHANGE MY EMOTIONAL RESPONSES IN THE LONG TERM



- 1 accumulate positive emotions
 - In the short term: I do enjoyable things that are possible now.
 - In the long term: I make changes to my life so that positive emotions occur more often.
- 2 I do things that make me feel competent
- I prepare to face situations where I risk having trouble with my emotions
- 4 I take care of myself
 - Health
 - Food
 - Sleep
 - Avoid addictions
 - Physical exercise
- I accumulate positive emotions in the long term (check out the resource « I reduce my stress through activities »)

