**EMOTION MANAGEMENT TOOL**

**SUPPORT REPLACING THE FUNCTION**

<table>
<thead>
<tr>
<th>STEP 1 - IDENTIFY THE PURPOSE OF THE UNHEALTHY BEHAVIOUR</th>
<th>STEP 2 - SUPPORT CHANGE</th>
</tr>
</thead>
</table>
| Many unhealthy behaviours serve a purpose for the person, such as eating when stressed or bored (emotional eating), smoking to manage stress or fit in socially, or drinking to manage anxiety. | IDENTIFY  
EDUCATE  
RECOMMEND  
SUPPORT |

**STRESS MANAGEMENT**

<table>
<thead>
<tr>
<th>STEP 3 - EXPLORE STRESS</th>
<th>STEP 4 - SUPPORT CHANGE</th>
</tr>
</thead>
</table>
| Help the person recognize the link between stress and self-care. Explore the various stresses that the person finds interfere with self-care. | IDENTIFY  
EDUCATE  
RECOMMEND  
SUPPORT |

Remember; this work should be transparent, don't hesitate to share what you are doing with the patient.