

EMOTION MANAGEMENT TOOL

SUPPORT REPLACING THE FUNCTION

STEP 1 - IDENTIFY THE PURPOSE OF THE UNHEALTHY BEHAVIOUR

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.

STEP 2 - SUPPORT CHANGE

- IDENTIFY
- EDUCATE
- RECOMMEND
- SUPPORT

STRESS MANAGEMENT

STEP 3 - EXPLORE STRESS

Help the person recognize the link between stress and self-care. Explore the various stresses that the person finds interfere with self-care.

STEP 4 - SUPPORT CHANGE

- IDENTIFY
- EDUCATE
- RECOMMEND
- SUPPORT

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

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