

Prescriptions for Emotional Health

- 1. Deal with one problem that causes emotional stress at a time and do one thing at a time.*
- 2. Do the best you can about a situation and then don't worry about it.*
- 3. Be assertive and express your feelings honestly.*
- 4. Treat others with the respect you wish for yourself.*
- 5. Be aware of your own needs rather than those inspired by others.*
- 6. Do not view your life as closed in, but realize there are always alternatives.*
- 7. Choose to be well and happy.*
- 8. Remove yourself from your problems. Think about how you will view today one year from now, five years, ten years.*
- 9. Adopt the comic perspective so you can see your problems objectively and laugh at them.*
- 10. Live in the present.*