

Emotional Onion: Stress Prevention Test

How well do your thoughts and actions PREVENT emotional melt downs & blow-ups?

A basic tool for mood management is to **prevent disruptions** by **taking amazing care of yourself**. Here is how. Check all items below which are currently part of your daily routine.

1. **I practice healthy eating habits.** I eat healthy food to avoid low blood sugar, hunger pain, fatigue and headaches. *I understand that excessive hunger leads to irritability. Excessive junk food & over-eating fuels self-loathing.*
2. **I maintain a healthy sleep schedule.** Just like little children, adults become cranky when sleep deprived. *To maintain my emotional wellness, I prioritize time for rest and practice healthy sleep habits.*
3. **I avoid excessive alcohol, caffeine, fats and sugars.** *I understand excessive amounts of these substances may disturb my ability to control my mood.*
4. **I take DAILY responsibility** for meeting my own emotional, spiritual and physical needs. *I understand that feelings of resentment, jealousy, blame, insecurity, martyrdom and codependency all become fuel for my emotional problems.*
5. **I create time for relaxation daily.** *I understand that relaxed people rarely experience uncontrollable emotional problems.*
6. **I plan something FUN each day.** *(All work and no play make Jill a dull girl.)*
7. **I have REALISTIC expectations** of myself and of others.
8. **I laugh wholeheartedly and often.** I search for the humor in everyday situations.
9. **I create loving relationships in my life.** *I understand that I do not “blow-up” or “melt-down” when I feel loved, valued, appreciated and supported.*
10. **I pace myself and I schedule my time effectively.** *I understand that my schedule will either support or sabotage my health and my coping skills.*
11. **I live in today.** *I release the past with all of its pain, blame, regrets, emotional hurts and guilt.*
12. **I ask for help. I delegate.** *I understand that I am not alone. I do not have to do it all.*

____ **Score:** Add the number of checked boxes to determine your healthy coping skills score.
Scoring: 10-12 GREAT JOB!! You are using coping skills to problem-solve and are proactive in emotional self-regulation. **Less than 10:** Each unchecked item becomes an opportunity for self-improvement. **Keep practicing all 12 preventions solutions until you are able to check every item.**